Better Homes and Gardens Special Interest P

10 ways to save on groceries
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Summer 2010
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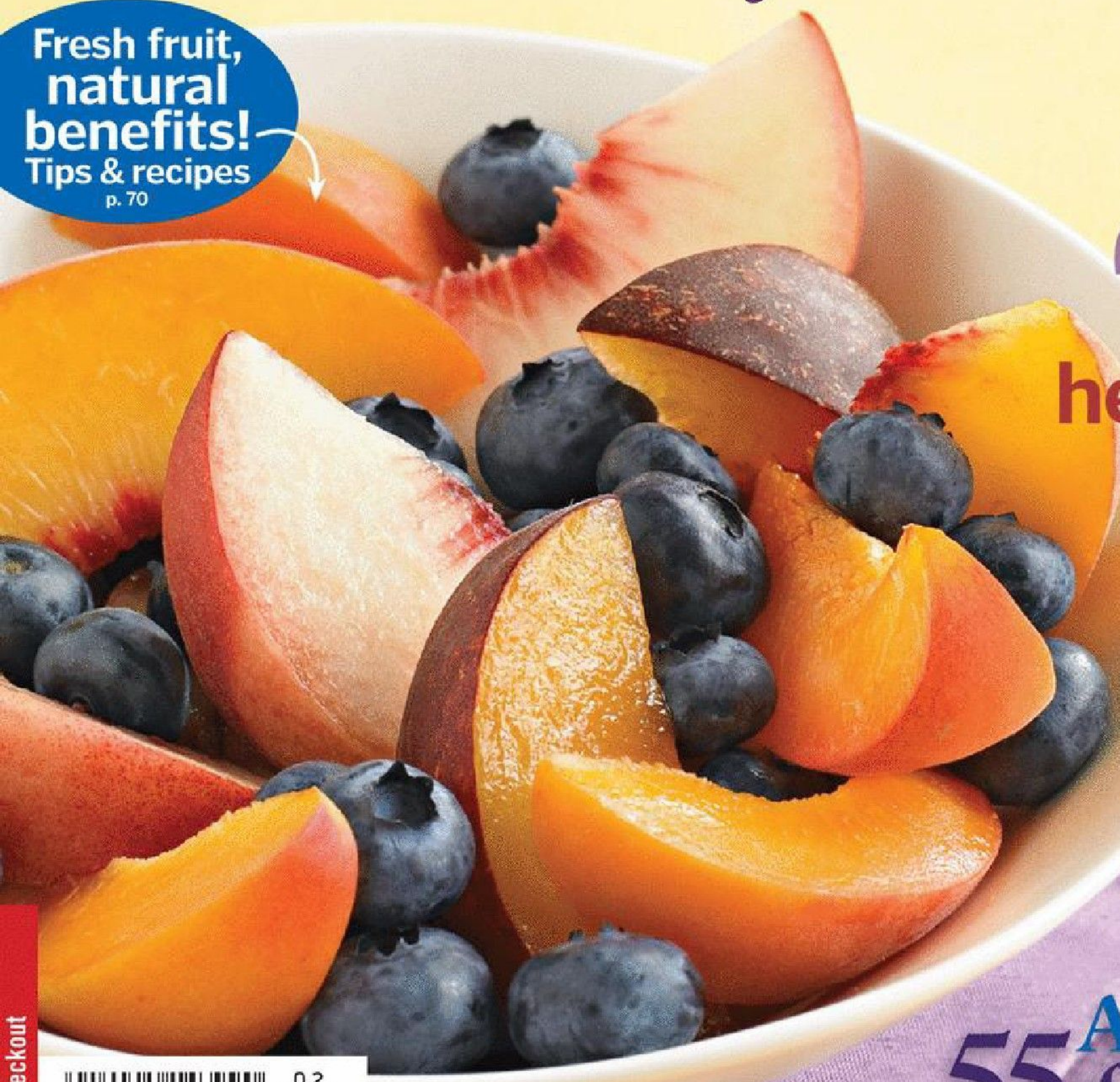
heart·healthy LIVING®

Beat Stronger. Live Longer.™

Reduce your risk of heart disease

Trim belly fat

Fresh fruit, natural benefits! Tips & recipes
p. 70



CONTROL CHOLESTEROL

How to avoid trans fat traps
p. 36

LOSE WEIGHT

Your guide to heart-smart shopping

12 treats under 50 calories
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All new!
55 fun, fast & fresh recipes

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BHG SIP Red Checkout

Hate swallowing pills? Get heart-healthy omega-3s in new squeeze packs similar to sports gels. See page 8.

8 **PULSE** The latest in heart news and research, new heart-healthy food brands, cooking tools, and more.

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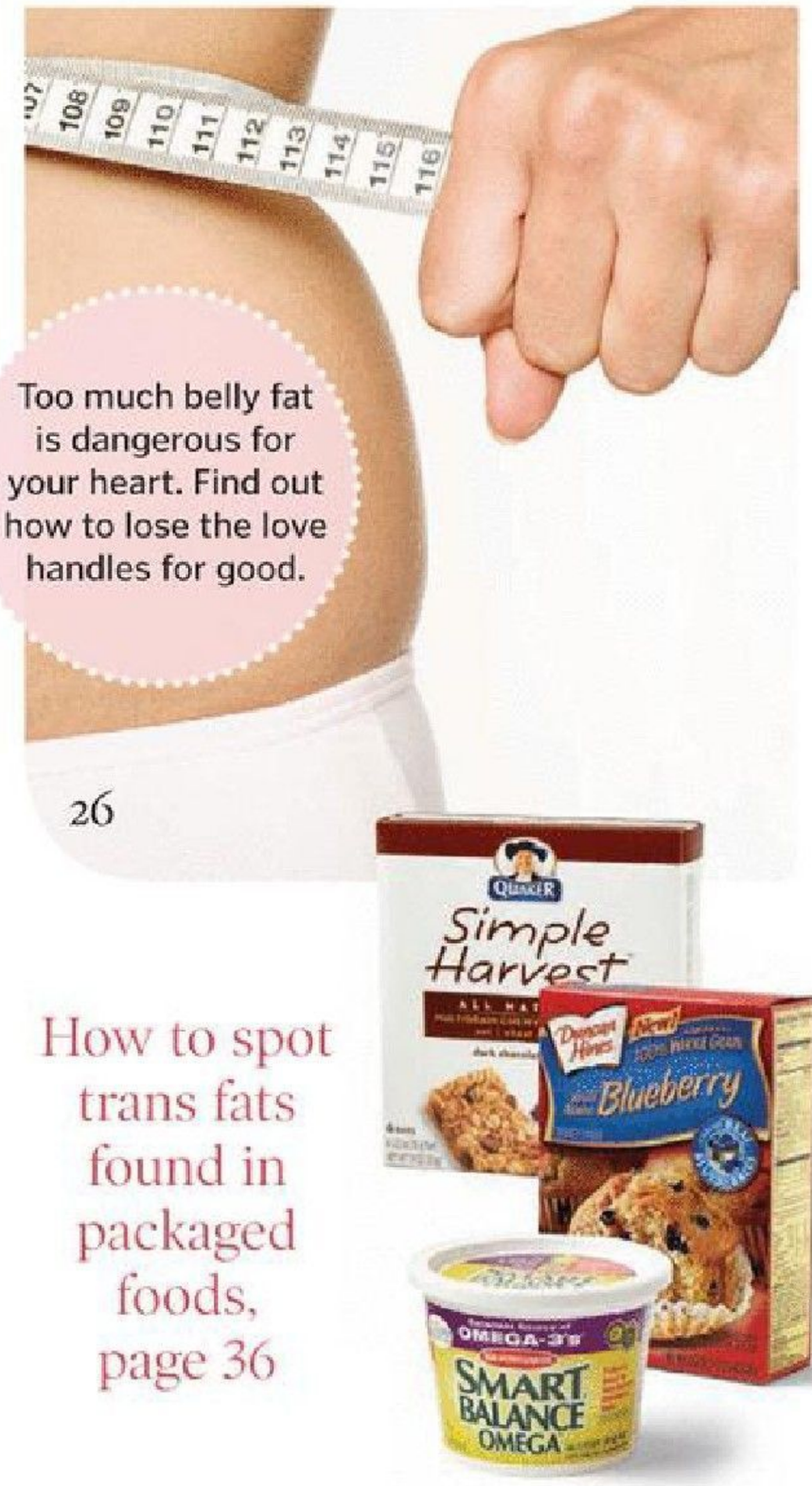
112 **A Fresh Start** Lupe Green replaced soda with water and TV with exercise—and lowered her cholesterol 100 points.



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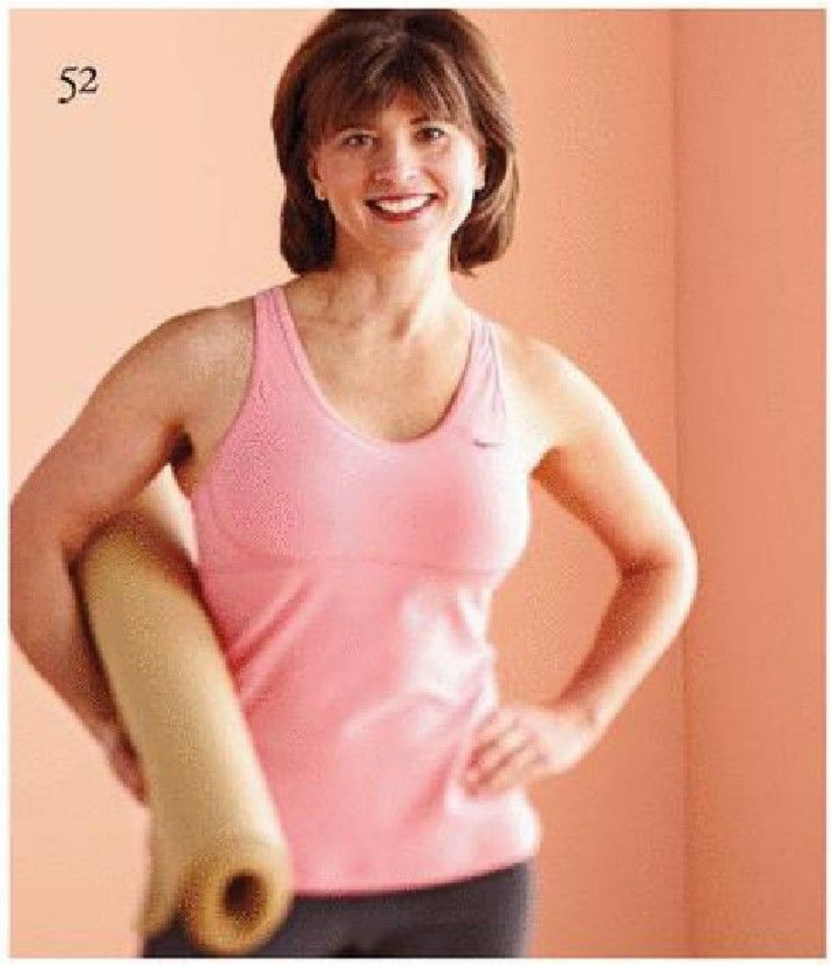
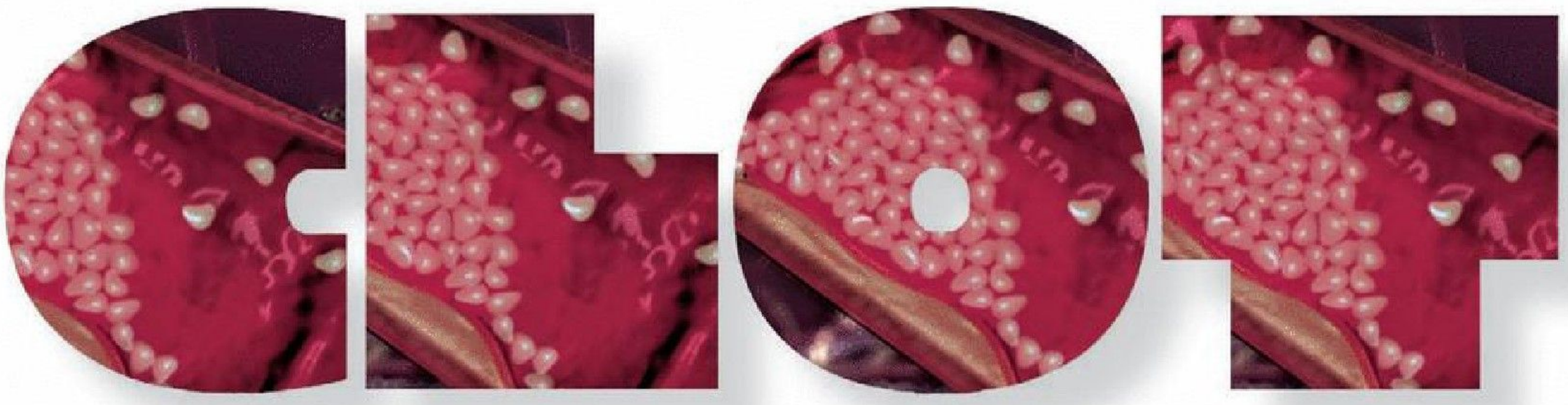
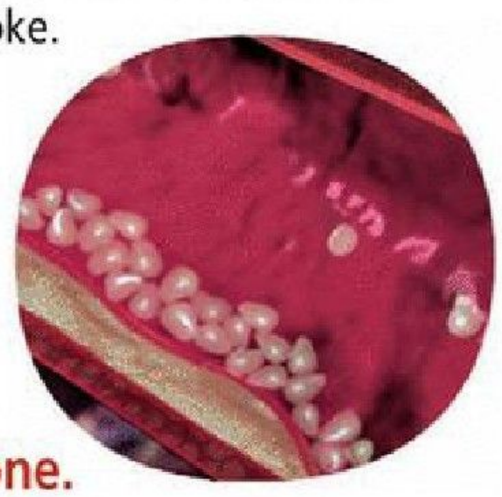




You can help protect against the formation of clots and reduce your risk of a future heart attack or stroke.

This is important information if you've been hospitalized with heart-related chest pain or had a heart attack. That's because these conditions, known as Acute Coronary Syndrome—or ACS—are usually caused when blood platelets stick together and form clots that block blood flow to your heart. And if you've already had a clot, you're at an increased risk for a future heart attack or stroke.



PLAVIX, taken with other heart medicines, helps provide greater protection against heart attack or stroke than other heart medicines alone.

That's because prescription PLAVIX works differently than your cholesterol and blood pressure medications, focusing on your blood platelets to help keep them from sticking together and forming clots.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to www.pparx.org

Partnership for Prescription Assistance

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Important Safety Information: People with stomach ulcers or other conditions that cause bleeding should not use PLAVIX. Taking PLAVIX alone or with some other medicines, including aspirin, may increase bleeding risk, so tell your doctor when planning surgery. Certain genetic factors and some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medicines you take, including aspirin, especially if you've had a stroke. If fever, unexplained weakness or confusion develops, tell your doctor promptly. These may be signs of TTP, a rare but potentially life-threatening condition, reported sometimes less than 2 weeks after starting PLAVIX. Other rare but serious side effects may occur.

See important product information on the following page.

ONCE-A-DAY

Plavix®

(clopidogrel bisulfate) 75mg tablets

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sanofi-aventis U.S. LLC

PLAVIX **Rx Only**
(clopidogrel bisulfate) tablet, film coated

WHO IS PLAVIX FOR?

PLAVIX® (clopidogrel bisulfate) is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:
- had a recent heart attack.
- had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:
- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

WHO SHOULD NOT TAKE PLAVIX?

You should NOT take PLAVIX if you:
- are allergic to clopidogrel (the active ingredient in PLAVIX).
- have a stomach ulcer.
- have another condition that causes bleeding.
- are pregnant or may become pregnant.
- are breast feeding.
- have certain genetic factors.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding, if you are taking any other drugs or if you have any of the following:
- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?

Genetics: People with a specific genetic makeup may get less protection against heart attack or stroke with PLAVIX.

Drug interactions: Some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medications you are taking, including prescription or over-the-counter medications. You should tell your doctor about any other medications you are taking, including prescription or over-the-counter Prilosec (omeprazole). Taking Prilosec with PLAVIX may reduce the effect of PLAVIX. Antacids and most H2 blockers, except Tagamet (cimetidine), are not known to interfere with how PLAVIX works.

TTP: A very serious blood condition called TTP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TTP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TTP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TTP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

Gastrointestinal Bleeding: There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such lesions.

Bleeding: You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

Geriatrics: When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

Stroke Patients: If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

Surgery: Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications (prescription or over-the-counter), especially if you are taking the following:
- aspirin
- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin
- heartburn or stomach ulcer medicines, like Prilosec

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

HOW SHOULD I TAKE PLAVIX?

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

OVERDOSAGE

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

FOR MORE INFORMATION

For more information on PLAVIX, call 1-800-633-1610 or visit www.PLAVIX.com. Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

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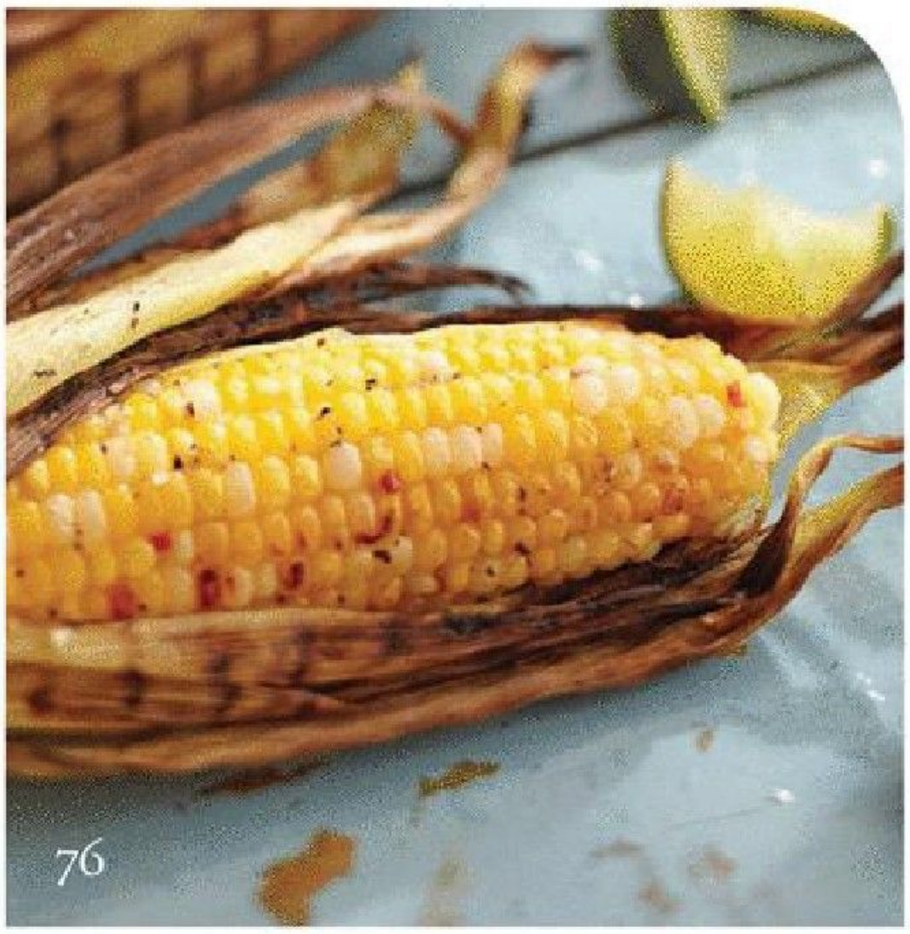

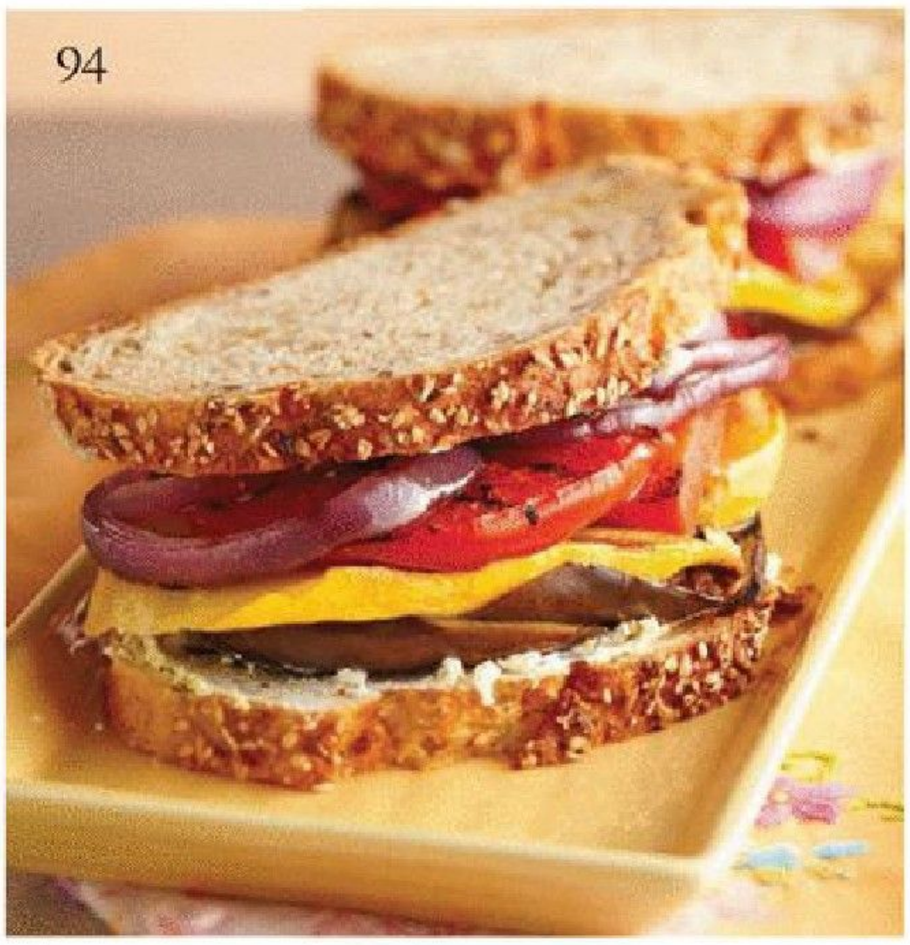

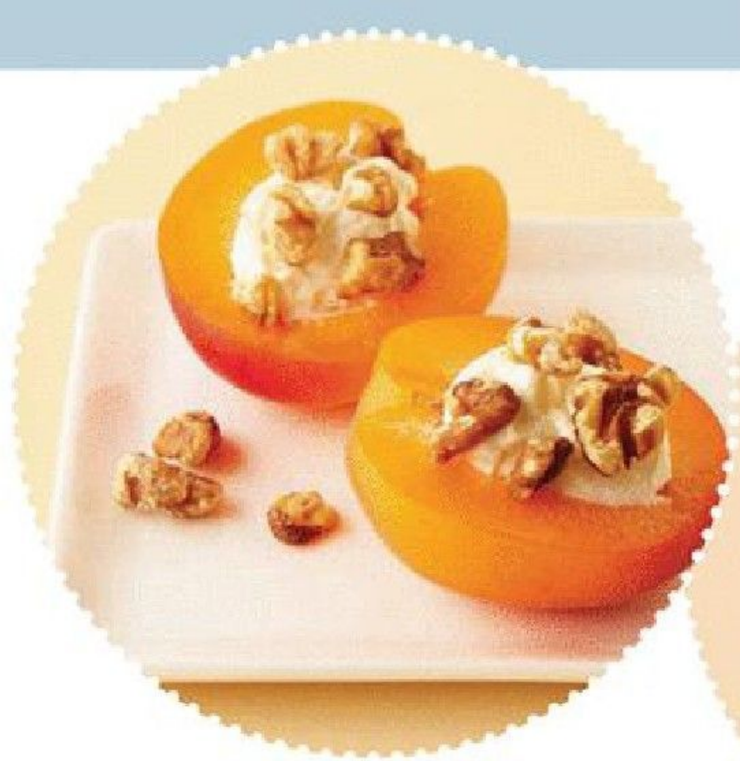

Peaches and apricots make great low-calorie snacks. Turn to page 70 for tasty ways to eat them.

healthy eating

70 **Scents of Summer** In-season peaches and apricots treat your taste buds and may even help your heart and trim your waistline.

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100 **Dinner Tonight! Shortcut Meals** We found nutritious packaged foods and turned them into meals that are super fast and delicious.

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105 **More Recipes**

110 **Recipe Index** Find recipes that match your health needs.

On the cover

PHOTO BY Alison Miksch
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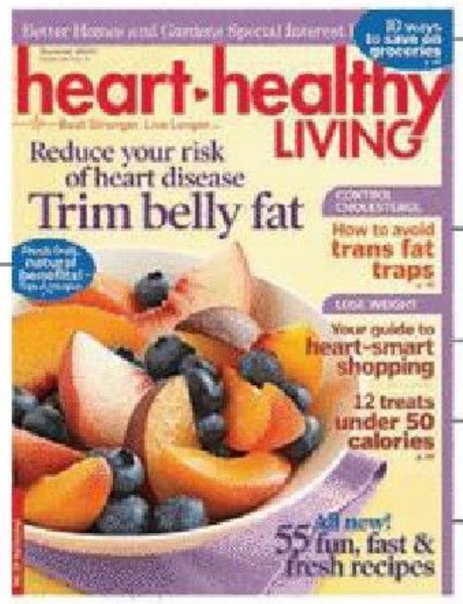

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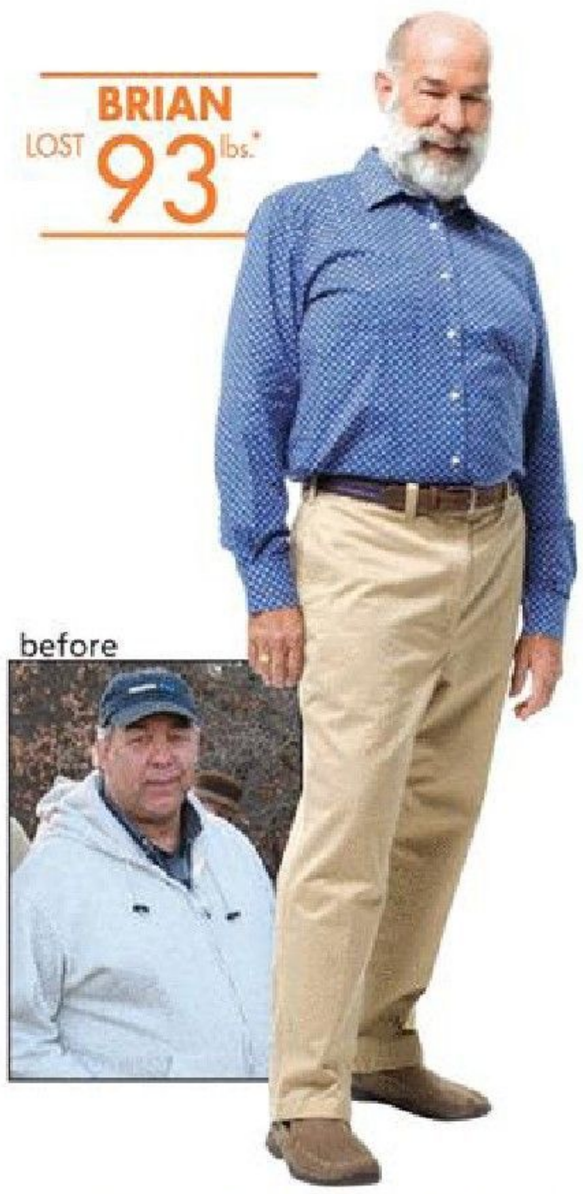

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*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem, you add-in fresh grocery items.

Meet Our Advisers

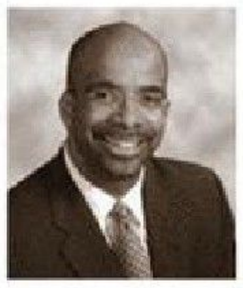
Some top minds in medicine, nutrition, and exercise review *Heart-Healthy Living*® articles to ensure they are medically accurate.

Cardiology

LESLIE CHO, M.D., FACC, is director of the Women's Cardiovascular Center and section head of Preventive Cardiology and Rehabilitation at the Cleveland Clinic Foundation.

KEITH COPELIN FERDINAND, M.D., FACC, FAHA, is a cardiologist and chief science officer for the Association of Black Cardiologists. He serves as a clinical professor in cardiology at Emory University School of Medicine in Atlanta.

SHARONNE N. HAYES, M.D., FACC, is associate professor of medicine and cardiology at the Mayo Clinic in Rochester, Minnesota, where she developed and directs the Women's Heart Clinic.



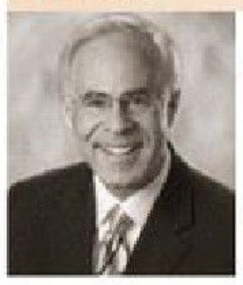
CLYDE YANCY, M.D., FACC, FAHA, MACP, is a cardiologist and medical director of the Baylor Heart and Vascular Institute in Dallas. He is currently president of the American Heart Association, and he studies hypertension, heart failure, and heart transplantation.

Food and Nutrition

RUTH ANN CARPENTER, M.S., R.D., is a healthy-eating and active-living consultant. She has coauthored six books, including *Active Living Every Day* (Human Kinetics, 2002), and has taught health-promotion programs around the world.

DIANE MCKAY, PH.D., FACN, is an assistant professor at Tufts University's Friedman School of Nutrition Science and Policy and a scientist in the antioxidants research laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging, also at Tufts University.

Fitness



BARRY A. FRANKLIN, PH.D., directs the cardiac rehab program and exercise laboratories at William Beaumont Hospital in Royal Oak, Michigan. He helped write the national cardiac rehabilitation guidelines and is coauthor of *Take a Load Off Your Heart* (Workman Publishing, 2003).

Health Psychology

JEREMY CLORFENE, PH.D., is a clinical psychologist. He is head psychologist for cardiac rehabilitation and weight loss centers in the Chicago area. He coauthored *The No Bull Book on Heart Disease* (Sterling, 2009) and also cohosts a weekly call-in radio show on health.

Weight Loss

MELINA JAMPOLIS, M.D., is one of a few hundred physician nutrition specialists in the United States. She specializes in nutrition for weight loss, disease prevention, and treatment. The author of *The No-Time-To-Lose Diet* (Thomas Nelson, 2007), she maintains a private practice in San Francisco.

Our nutrition experts

Better Homes Test Kitchen

This seal assures you that every recipe in this issue of *Heart-Healthy Living* magazine has been tested in the Better Homes and Gardens® Test Kitchen. This means each recipe is practical and reliable, and meets our high standards of taste appeal.

Furthermore, our team includes four registered dietitians who write and edit food and nutrition articles, answer reader questions, and test recipes for taste and nutrition.

Left to right: Stephanie Karpinske, M.S., R.D.; Sheena Chihak, R.D.; Elizabeth Burt, MPH, R.D., L.D.; and Marsha McCulloch, M.S., R.D., L.D. *hhl*

PHOTO: BLAINE MOATS (*left*)

WomenHeart
The National Coalition for Women with Heart Disease

"Yes, I can do something about this!"

Heart disease is the number one killer of women in the United States. For more than a decade, *WomenHeart Champions*—**everyday women living with heart disease**—have been educating, supporting, and advocating in communities nationwide for prevention, early detection, timely and accurate diagnosis and treatment, and effective health care policy to help women better understand this devastating disease. Often misdiagnosed and undertreated, **more than 41 million American women are living with or at risk for developing heart disease.** But thanks to WomenHeart, the only national organization dedicated to promoting women's heart health, there is hope for all women. If you are a woman living with heart disease or know a woman who is, and would like to get involved, please visit us at **www.womenheart.org** for more information.

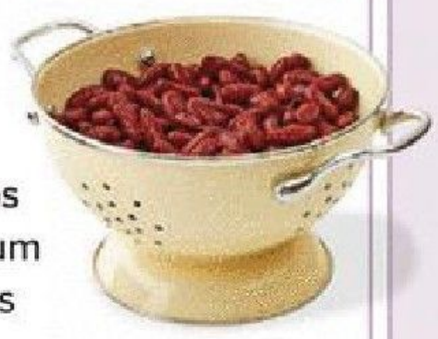
WOMENHEART | 818 18TH STREET, NW, SUITE 1000, WASHINGTON, DC 20006 | 202-728-7199

Pulse [blood pressure]

Take charge of your cholesterol, blood pressure, and weight.

BY Marsha McCulloch, M.S., R.D.

Drain, rinse, drain



Follow these three easy steps to cut the sodium in canned beans by 41 percent:

1. Pour canned beans into colander; drain for 2 minutes.
2. Rinse beans under tap water at least 10 seconds.
3. Drain beans two more minutes.

Om to go

Skip expensive yoga classes and practice yoga anytime, anywhere with My Yoga 2 Go. It includes 70 exercise cards that slip into a multipocket vinyl carrying and display case. The cards are color-coded and numbered to help you quickly pull together seven different yoga routines ranging in difficulty from beginner to advanced. Cards have pose variations and instructions for each. $29.95; 800/838-0334 or *myyoga2go.com*

Less sodium per shake

Want to replace your table salt with a lower-sodium option but you've been advised not to use a salt substitute that is high in potassium*? Try these:

1. Fine Ground Celtic Sea Salt: The amount of sodium varies widely among sea salt brands, depending on where the salt is harvested and how it's processed. This French-harvested product is one of the lowest-sodium sea salts we found. Always read labels because some sea salts are actually higher in sodium than regular salt. $9/8 ounces; *celticseasalt.com*

2. Salt Sense: Has 33 percent less sodium by volume simply because of the way it's cut into flake-shape crystals, so it's less dense than regular salt. $1.29/13 ounces; *diamondcrystalsalt.com*

*People taking blood-pressure-lowering medicine that causes them to hold onto potassium could get potassium overload if they use a high-potassium salt substitute. Check with your doctor.

Not so sweet?

In a recent University of Colorado Health Sciences Center study of more than 4,500 adults, those who ate or drank more than 74 grams of high-fructose corn syrup (HFCS) a day—that's about 2½ cans of sugary soda—had a 36 percent greater risk of high blood pressure. HFCS makes up more than 40 percent of sweeteners used in beverages and foods today.

The American Heart Association recommends reducing intake of added sugars from any source. For a fizzy summer treat, mix 100 percent fruit juice with an equal amount of calorie-free club soda.

PHOTOS: SCOTT LITTLE (*top left and far left, bottom far left*), VEER (*left*).

Continued on page 10

What is Small, Red, Powerful and Supports Cardiovascular Health?

ACTUAL SIZE SOFTGEL SHOWN

COMPARE TO FISH OIL

	Just 1 Small Softgel Per Day	Powerful Antioxidants	Contains Omega-3 Fatty Acids	No Fishy Odor or Aftertaste
MegaRed® Softgel	✔	✔	✔	✔
Fish Oil Softgel			✔	

May Reduce the Risk of Coronary Heart Disease†

Schiff® MegaRed® contains oil from pure Antarctic krill, tiny crustaceans that thrive in the frigid waters of the Antarctic. MegaRed® provides an optimal combination of omega-3 fatty acids, phospholipids and critical antioxidants to support heart and joint health.

Unlike fish oil, MegaRed® omega-3 fatty acids are mainly absorbed and carried to the body's cells in phospholipid form. Phospholipids form the structural basis of cell membranes, so MegaRed® phospholipids with omega-3 fatty acids are easily recognized, incorporated and utilized by the body.

Just one small, easy-to-swallow softgel per day. Quality tested for purity.

For more information, visit www.SchiffMegaRed.com or call 1-800-526-6251

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† **Supportive, but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.**

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553-E1

Continued from page 8

What's your stroke risk?

Circle each box that applies to you. Each box you circle equals one point. Total your score at the bottom of each column and find out how to interpret your score under "What your score means," *below*.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood pressure	> 140/90 or I don't know	120–139/80–89	< 120/80
Cholesterol	> 240 or I don't know	200–239	< 200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I'm trying to quit	I am a nonsmoker
Atrial fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
History of stroke in my family	Yes	Not sure	No
SCORE			

What your score means

If your red score is 3 or more, please ask your doctor about stroke prevention right away.

If your yellow score is 4–6, you're off to a good start. Keep working on it!

If your green score is 6–8, congratulations! You're doing very well at controlling your risk for stroke!

© 2009 National Stroke Association. For more information about stroke, visit *stroke.org*.

Free stroke resources

Here's help for stroke prevention and recovery from the National Stroke Association. It offers two free information packets, which can be requested at 800/787-6537 or *stroke.org*.

General packet: Illustrated color brochures explain different types of stroke and TIAs (transient ischemic attacks, or mini strokes), how to reduce stroke risk, and how to manage hypertension. A stroke symptom wallet card is included, too.

Recovery packet: Brochures cover what you need to know about life after a stroke. Also includes a sample of *StrokeSmart*, a free bimonthly stroke recovery magazine you can subscribe to.

Act fast in stroke

Go to the hospital as quickly as possible after a stroke to improve your chances of effective treatment. Strokes caused by blood clots in blood vessels of the brain can be treated with the clot-busting drug known as TPA (tissue plasminogen activator)—if you get to the hospital within three hours of the first signs of stroke. (A new study suggests the TPA treatment window may be slightly longer, perhaps up to 4.5 hours, which may provide a small time cushion.)

Continued on page 12

PHOTO: SCOTT LITTLE

BAYER

Heart Attack Survivor

Saige Olson's

81 reasons why she's on an 81*mg* aspirin regimen.

1. My family
2. My husband
3. Museums
4. Never having another heart attack
5. Seeing new cities
6. Soaking in a claw-foot tub
7. Lobster
8. The smell of the ocean
9. My musical theater class
10. Storms
11. Becoming a better golfer
12. Taking pictures
13. Leaf piles
14. Canoes
15. Winning the lottery
16. A good book
17. Cheese fondue
18. Be in great shape
19. The sun
20. Bubbles
21. My friends
22. Buying funky shoes
23. Holidays
24. Sailing to Hawaii
25. Lightning
26. Trying new things
27. Waterfalls
28. Hanging with fun people
29. Room service
30. Taking a train across Europe
31. Seagulls
32. Marinas
33. Taking my whole family on vacation
34. Building a yoga studio in my backyard
35. Snow
36. Rocky beaches
37. Black-and-white photos
38. Mud baths
39. Living a really long time
40. Stalactites and stalagmites
41. The smell of stables and horses
42. Cheesy jingles
43. Naming animals
44. Gardening
45. Being snowed in
46. Fossils
47. The tons of pillows on my bed
48. Thrift shops
49. Big socks
50. The smell of a Christmas tree
51. A really good summer peach
52. Antique slips
53. Butterflies
54. Waking up in my husband's arms
55. Learning to speak new languages
56. Skiing the Alps
57. Learning to design jewelry
58. Own a racehorse
59. Learning to make good risotto
60. Drive the Alaskan Highway
61. Have a spa day
62. Growing a field of lavender
63. Be with my family as long as possible
64. Be in a Broadway musical
65. Driving across the country in a trailer
66. Get a massage
67. Go to Africa
68. Go to Sweden
69. Icicles
70. Eat in all the best restaurants
71. Be like my grandmother
72. Adopt some mutts
73. My initials
74. The touch of my husband
75. Live in Italy for a year
76. Performing in a cabaret act
77. Great rings
78. Singing in a jazz club
79. The moon
80. Taking an outdoor shower
81. Having a fish pond

EXPECT WONDERS™

Saige had a heart attack at 43. She never saw it coming. Now she's on a doctor directed 81mg aspirin regimen. It's one way to help make sure she and her husband can sail to Hawaii. Not to mention the 80 or so other things she's got planned. Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

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Only 154 calories and 3 grams of fat per slice.

Go bananas for Heart-Healthy Banana Bread (and dozens of other delicious recipes)

Made with fat-free, cholesterol-free Better'n Eggs®, this banana bread recipe is a healthy, yet tasty way to start your day. In fact, Better'n Eggs is certified by the American Heart Association. For this and other delicious, heart-healthy recipes, visit **betterneggs.com**.

Better'n Eggs. All the goodness of real eggs without the bad.

- Made with real eggs for great taste
- Zero fat or cholesterol
- Only 30 calories per serving
- A lean source of protein

Better'n Eggs are ready to pour into your skillet or add to your favorite recipes. So they make eating healthy easy (which can be half the battle). Look for Better'n Eggs in the dairy case and start enjoying more of your favorite dishes today.

American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

©2010 Crystal Farms

Pulse

Continued from page 10

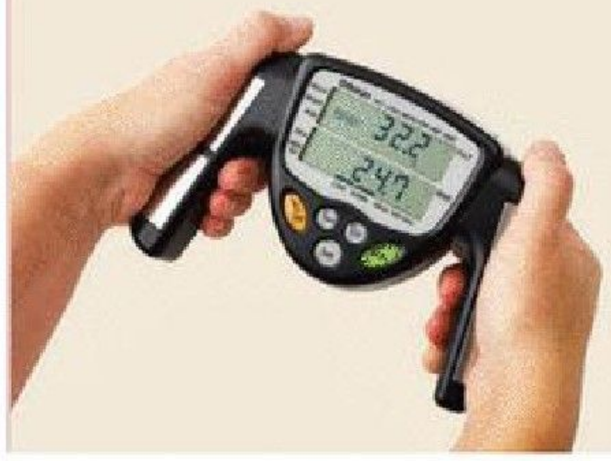
Exercise fights belly fat

Although it's common to regain part of your weight after a weight loss diet, you may be able to tell your body where to store fat—and prevent it from packing internally in your belly.

In a recent research study at the University of Alabama in Birmingham, scientists followed 97 women for a year after a weight loss program and found that doing as little as 80 minutes of either aerobic or resistance (weight) training per week can help minimize the fat that's stored internally as visceral abdominal fat when weight is regained. Exercise seems to help redirect fat storage away from the belly, explains lead researcher Gary Hunter, Ph.D.

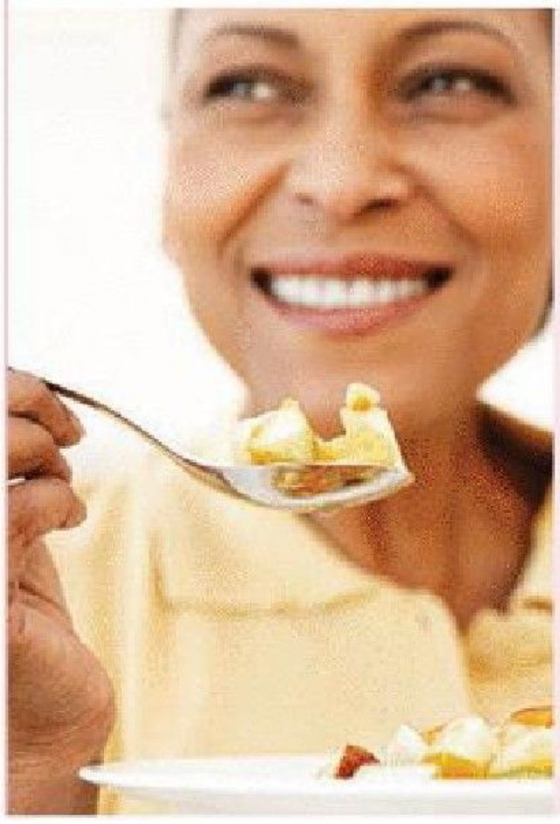
Track fat loss

Monitoring your body fat percentage during a weight loss diet lets you know you're losing the "right" weight—fat instead of muscle. Measure body fat at home with the Omron Fat Loss Monitor (not for use in pregnancy or with implanted medical devices). Just enter your height, weight, age, and gender, then grip the handles, which contain built-in electrodes. In just seconds, you'll have a body fat reading. $39.99; *omronhealthcare.com*



Healthy body fat percentage: *Men:* 10–20% • *Women:* 18–28%

—101 Medically Proven Tips for Losing Weight, Kent Sasse, M.D. (360 Publishing, 2009)



Why eating slowly works

You've probably heard tips about eating more slowly when you're trying to cut calories. A new study suggests why this might work. Eating a meal too quickly suppresses the release of two gut hormones that cause feelings of fullness. Decreased release of these hormones can promote overeating.

PHOTOS: VEER (*left*), SCOTT LITTLE (*top and opposite*).

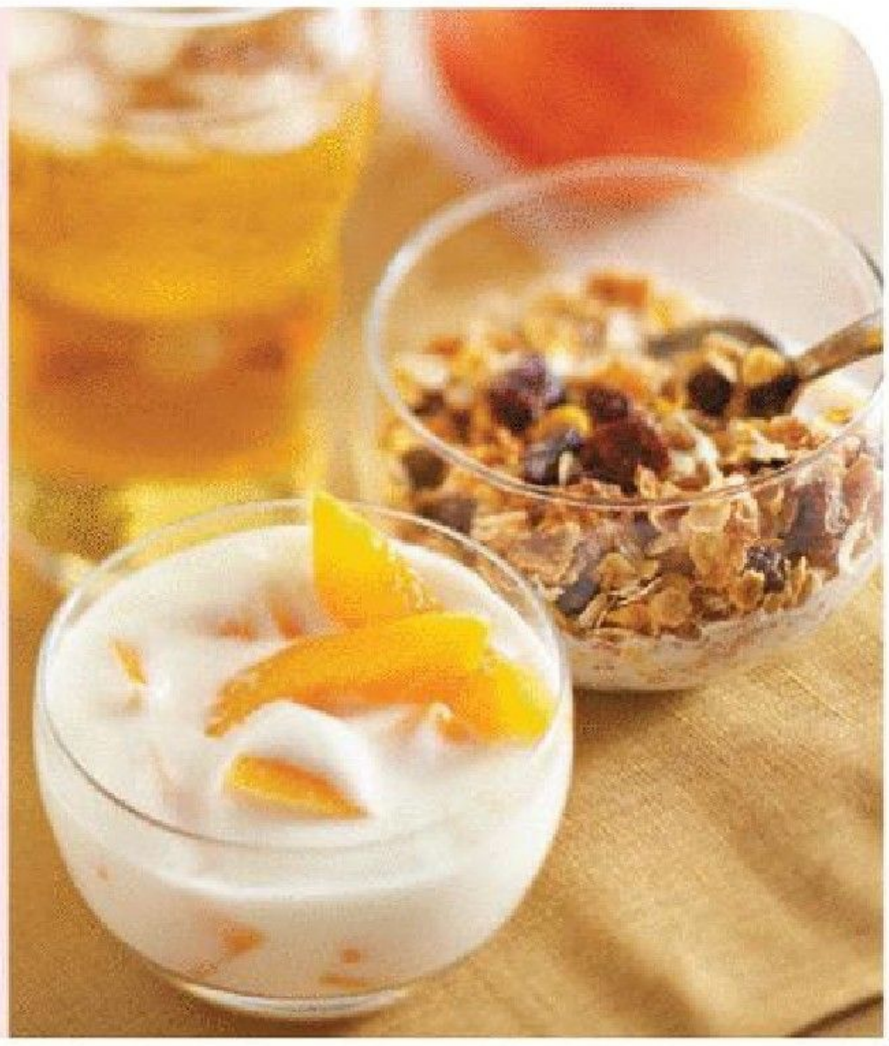
Boost fat burn

Eating a breakfast rich in slow-release carbs (known as low glycemic index) before morning exercise may help you burn twice as much fat when you work out. That's what British scientists at the University of Nottingham recently found.

The researchers fed healthy sedentary women a low glycemic breakfast of muesli cereal, yogurt with peaches, an apple, and apple juice versus a high-glycemic meal of cornflakes, white bread with jelly, and an energy drink, then later had them walk for 60 minutes.

Here are a few more low-glycemic-index breakfast ideas to start your day:

- All-Bran cereal
- Steel-cut oatmeal
- Skim milk
- Low-fat yogurt
- Many fresh fruits (strawberries, orange, pear, plum, nectarine)
- Nuts



Continued on page 14

The sunnier side of eggs.
(Great taste with no fat or cholesterol.)

Better'n Eggs® won the ChefsBest® Award for Best Taste. And since they're made with real eggs with no cholesterol or fat, your breakfast will be better'n ever. For tasty recipes, visit betterneggs.com.

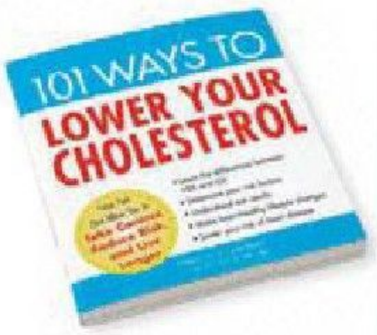
The ChefsBest® Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs. © 2010 Crystal Farms

Continued from page 13

Just squeeze

For people who aren't fans of fish or find it difficult to swallow capsules, here's a new way to get heart-healthy omega-3s: Coromega squeeze packs. The handy single-dose packets contain 650 mg of easily absorbed EPA + DHA omega-3s and are similar to a sports gel. What's more, the manufacturer claims no fishy aftertaste or burps. Squeeze directly into your mouth or mix into yogurt or a smoothie. Sold in all-natural flavors including orange, lemon-lime, and chocolate-orange. $21.99/30 packets; 877/275-3725 or *coromega.com*

Cut cholesterol now



Have trouble remembering which is good versus bad cholesterol, let alone how to improve your cholesterol count? Pick up a copy of *101 Ways to Lower Your Cholesterol* (Adams Media, 2010). In bite-size tips, authors Shirley S. Archer and David Edelberg, M.D., provide the keys to lowering your risk of heart disease. $9.95

Daily omega-3 needs

If you have heart disease: 1 gram EPA + DHA
To lower triglycerides: 2–4 grams* EPA + DHA

Source: American Heart Association

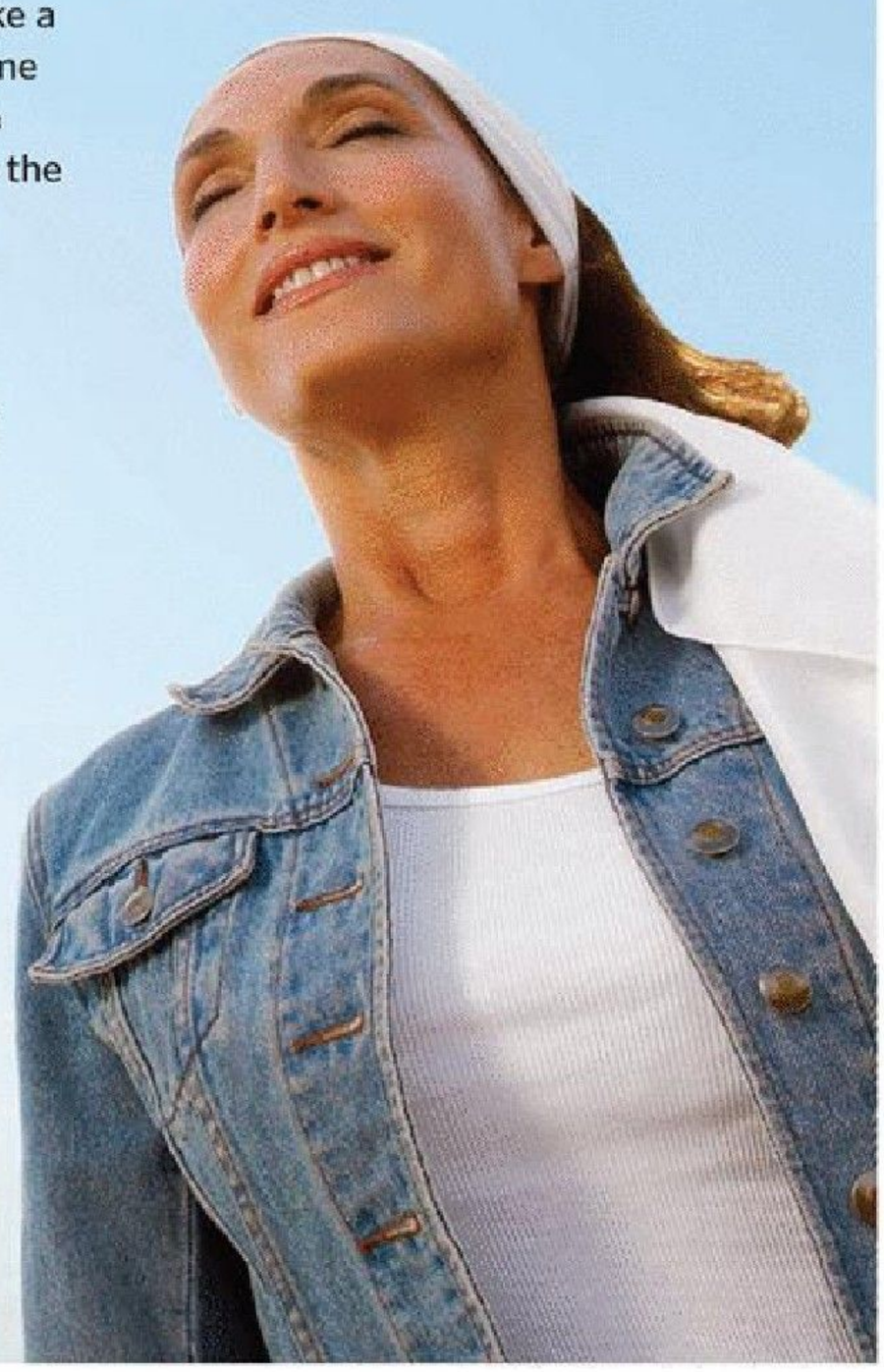
*Consult your physician before taking more than 3 grams of omega-3 supplements daily.

Boost good cholesterol

A recent study found that the more vitamin D in people's blood, the higher their HDL (good) cholesterol. Lead researcher Kevin C. Maki, Ph.D., of Provident Clinical Research in Glen Ellyn, Illinois, cautions that they don't yet know if it's a cause-and-effect relationship. But he suggests that people at risk for heart disease should at least ask their doctor about getting their vitamin D level checked—such as once each summer and once each winter—to ensure they're not deficient. Your vitamin D level is more likely to be low in the winter when your exposure to the sun is limited.

Because vitamin D is found in few foods, you may need to take a vitamin D supplement. Some experts recommend the D_3 form of the vitamin (that's the type produced by our skin from sunlight exposure), while others say the plant form, D_2, is just as effective. Either way, Maki provides these guidelines for adults:

- Start with 1,000 IUs (International Units) per day.
- Opt for vitamin D in gel capsules rather than tablets.
- Take vitamin D with a meal to boost absorption.



Nuts about walnuts

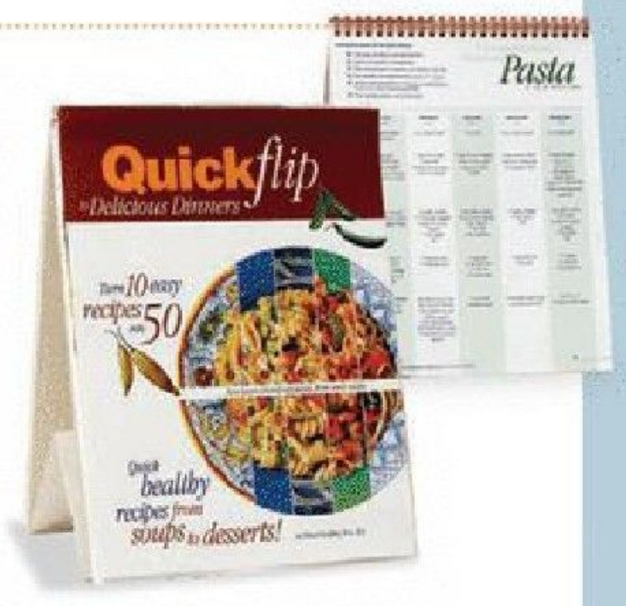
Among nuts, walnuts are uniquely high in heart-healthy omega-3 fat. They also provide protein, fiber, cholesterol-lowering phytosterols, and antioxidants.

A recent review of 13 studies that supplemented adults' diets with walnuts for an average of six weeks found that people who ate 1–4 ounces of walnuts a day versus those eating no walnuts had a 10 mg/dl greater drop in total cholesterol and a 9 mg/dl greater reduction in LDL (bad) cholesterol.

Walnuts (and nuts in general) pack a substantial amount of fat and calories. When adding nuts to your diet, swap them for something else you'd normally eat.

Following a Mediterranean diet—low in meat and rich in vegetables, fruits, legumes, whole grains, nuts, and fish—is linked with less belly fat.

Flip for dinner



Cooking not your thing? *Quickflip to Delicious Dinners* shows you how to turn 10 basic recipes—including pasta, pizza, casserole, soup, and more—into 50 delicious dishes featuring tasty international variations. Includes nutrition facts for each recipe and tips for cutting fat and sodium, boosting nutrition in meals, and stocking your pantry. Stands easily on your countertop with built-in easel. Order at *nutritionconnections.com*; $17.95. *hhl*

PHOTOS: SCOTT LITTLE (far left, right), VEER (left) GETTY IMAGES (top right).

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WomenHeart The National Coalition for Women with Heart Disease

WomenHeart is the only national organization solely devoted to advancing women's heart health through advocacy, education, and support of the 42 million American women living with or at risk for heart disease. To get your free heart health action kit, visit **womenheart.org/kit.**

For more information on smart heart health visit **HeartHealthyOnline.com**

Ask the Cardiologist

BY Jennifer H. Mieres, M.D.

Heart murmur

Q: I have a heart murmur. Does this mean I have heart valve disease?

A: Heart murmurs are sounds made by turbulent blood flow in your heart. In adults, disease of the heart valves is the most common cause of an abnormal murmur. But it isn't the only cause.

There are two types of heart murmurs: innocent murmurs and abnormal murmurs. Most heart murmurs are innocent and are caused by blood flowing through healthy valves in a normal heart. In adults, abnormal murmurs are most often due to problems with the heart valves. The most common types of problems include valve narrowing, which limits the forward flow of blood, and valve regurgitation, which happens when a valve does not close completely and allows backward flow (also called a "leaky" valve).

Abnormal heart murmurs also may occur in a normal heart because of fever, pregnancy, and other conditions that increase the amount of blood moving through the heart. Your doctor will most likely request an echocardiogram to evaluate the function of your heart and valves and find the cause of your murmur.

Jennifer H. Mieres, M.D., is director of nuclear cardiology and associate professor of clinical medicine at New York University. A spokeswoman for the American Heart Association, she also cowrote *Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle* (St. Martin's Press).

Readings differ arm to arm

Q: My blood pressure is always lower in one arm compared with the other. Is this normal?

A: It's common to have a small difference in blood pressure between the right and left arms, with a slightly higher reading in your dominant arm.

The American Heart Association recommends for doctors to take blood pressure readings in both arms when they first examine a patient. In general, any difference of 10 mmHg or less is considered normal and not a cause for concern.

If your blood pressure is always higher than 10 mmHg in one arm than the other, your doctor will most likely order additional tests to evaluate the blood vessels of the arm that has the lower pressure. *hhl*

PHOTO: JUPITERIMAGES

FYI

Every hour of television watched per day may increase the risk of dying earlier from heart disease, according to the January 2010 issue of *Circulation: Journal of the American Heart Association*. Those who watched more than four hours of TV a day were most at risk.

GOOD NEWS FOR PEOPLE WITH TYPE 2 DIABETES

Nutrisystem® | D™

With our **diabetic program**, Nutrisystem D, losing weight so you can help control your diabetes is easier than you think! Choose from **over 130 delicious foods—over 20 NEW**—including pizza, pasta, burgers and even chocolate! Nutrisystem D is a **low-Glycemic Index** program full of **good carbs and fiber** to help keep you feeling fuller longer. It's smart, sensible weight loss for people with type 2 diabetes, and a great value!

Support at your fingertips:

- **FREE** round-the-clock phone access to weight loss coaches
- **FREE** online membership including weight loss tips, tools and menu planning
- **FREE** live chat sessions with registered dietitians
- ***PLUS!* FREE** delivery straight to your door†

All for as low as $3 a meal†

Clinical Study Shows††–

On Nutrisystem D, people with type 2 diabetes who wanted to lose weight:

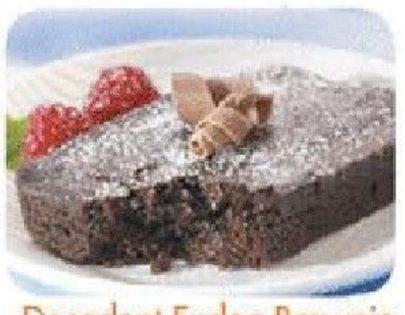
- ✔ Lost up to **16 times more** weight
- ✔ Lowered blood sugar levels **5 times more**
- ✔ Lowered A_{1C} by **0.9%**
- ✔ Lowered total cholesterol level by **20.9 mg**
- ✔ Lowered triglycerides level by **42.7 mg**

††In a 3-month clinical study at Temple University School of Medicine and published in the *Journal of Postgraduate Medicine*, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 149.5 to 115.2, compared to those in a control group, who lost 1.3 lbs., and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through a research grant from Nutrisystem.

Sweet Cinnamon Bun

Italian Herb Flatbread Pizza

Savory Lasagna


Decadent Fudge Brownie

Named **BEST VALUE** by *SmartMoney Magazine!* January 2010

EAT FREE FOR 2 WEEKS!

That's An Extra 14 Breakfasts, 14 Lunches, 14 Dinners and 14 Desserts FREE†

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†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. One additional free week of food will be included with each of your first two deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046; however for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive both free weeks. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2010 Nutrisystem, Inc. All rights reserved.

On Nutrisystem you add-in fresh grocery items.
Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetic medications. Consult your physician before starting this or any weight loss or exercise program.

Crush or Flush?

The medicine cabinets of heart patients can quickly fill up with prescription drugs. What's the safest way to get rid of old ones?

BY **Martha Miller Johnson**

WHEN ADRIENNE J. TISSIER'S FATHER died in 2004, he had a cabinet full of powerful prescription drugs. She wanted to dispose of them properly but was shocked to find out that no place in San Mateo County, California, collected them. As a newly elected county supervisor, she set out to change that. Today, 16 sites across the county accept unwanted prescription drugs.

"We have places where people can dispose of motor oil, old batteries, and even fluorescent light bulbs, but where can you take old pharmaceuticals?" says Bill Chiang, Tissier's legislative aide who helped set up the collection sites.

Safely disposing of old drugs has become a social and environmental concern in the United States. Teenagers and adults are misusing prescription drugs in record numbers, accidental exposure to medicine is a major source of poisonings, and trace amounts of drugs are being found in the water supply and landfills.

Measuring risk

The Food and Drug Administration says almost all medicines can be put in the trash after mixing them with something unpalatable, such as coffee grounds, and sealing them in a container. But the FDA

FYI

For a complete list of the 26 prescription drugs the FDA recommends flushing instead of tossing in the garbage, visit *fda.gov* and type "flushing drugs" in the search tool.

"For the price of hamburger, we can get rid of this stuff and help prevent substance abuse and medication errors at home." —Bill Chiang, legislative aide

emphasizes some medicines are so harmful if taken by the wrong person that they need to be flushed down the toilet.

Douglas Throckmorton, M.D., deputy center director of the FDA's Center for Drug Evaluation and Research, says the FDA believes the risk associated with accidental exposure to the short list of dangerous drugs far outweighs any potential risk to the environment.

Environmentalists strongly disagree, saying no medicines should be flushed because they contaminate drinking water and marine life. According to the U.S. Geological Survey, small concentrations of hormones, antidepressants, antibiotics, and chemicals from personal care products have been found in various waterways nationwide, including the San Francisco Bay.

Drop off drugs

Some pharmacies and household hazardous waste facilities collect prescription drugs on a regular basis, but they can't accept drugs labeled as controlled substances. To collect opioids, stimulants, and depressants, federal law requires law enforcement be involved. The reason: Prescription pain relievers are the most widely abused prescription drugs.

San Mateo County solved that problem by placing collection boxes in local sheriff and police departments, Chiang says. The steel white boxes, which resemble mailboxes, sit in the lobby. People can toss any kind of pills in, including pet medicine, and the pills can remain in their containers.

"Everything is mixed together," he says. "We tell people to remove labels for privacy but to consolidate their pills."

A private hauling company carts the pills away. They're incinerated in another state with a witness present, as required by law.

Joe Otto of Menomonee Falls, Wisconsin, joined the cause of prescription drug disposal when a 15-year-old girl in his town died after taking a combination of drugs not prescribed to her. A pharmaceutical executive, Joe organized a community-wide collection drive one day last fall. The drive collected about 3,000 pounds of unwanted prescription drugs.

From September 2006 to September 30, 2009, San Mateo County officials have collected 28,781 pounds of old drugs. The pickup and disposal fees cost $40,415, or about $1.40 a pound.

"It's almost a no-brainer," Chiang says. "For the price of hamburger, we can get rid of this stuff and help prevent substance abuse and medication errors at home, a potential fatality. And that's not even talking about the environmental impact."

Toss drugs safely

If you live in a city with no prescription drug collection site, here is what the Office of National Drug Control Policy says to do:

- Take the drugs out of their original containers.
- Mix the drugs with an undesirable substance, such as cat litter or used coffee grounds.
- Put the mixture into a disposable container with a lid, such as an empty margarine tub.
- Conceal or remove any personal information, including RX number, on the empty containers by covering it with black permanent marker or duct tape or by scratching it off.
- Put the sealed container with the mixture and the empty drug containers in the trash. *hhl*

PHOTO: JUPITERIMAGES

FYI

The FDA worked with the White House's Office of National Drug Control Policy to develop the first consumer guide for proper disposal of prescription drugs in 2007. It was updated in 2009; read it online at *whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf.*

Ask the Dietitian

BY Stephanie Karpinske, M.S., R.D.

Summer weight gain

Q: I tend to gain weight in the summer even though I eat lots of salad and fruit. Why is that?

A: You've most likely either made a change in your workout habits or your diet. If your weight gain occurs every summer, keep a food journal for a few days and see if the foods you eat could be causing the weight gain. You say you're eating more salads, but are they filled with high-calorie ingredients (cheese, croutons, dried fruit)? And do you use a lot of dressing? If so, you may be eating more calories than in the fall and winter months when you're eating more broth-based soups and roasted meats.

Fruit is great but can be high in calories and sugar, so you have to be careful with portions. For instance, a cup of grapes has about 120 calories and 24 grams of sugar. That's a lot of sugar and if you're watching your weight, those 120 calories can cause weight gain if you don't adjust your diet elsewhere. Remember that even though fruit is healthy, eating unlimited amounts may cause weight gain.

Stephanie Karpinske, M.S., R.D., writes about weight loss, nutrition, and health issues. Her mission is to help others lead healthier lives.

Beets

Q: My neighbor gave me some beets from her garden. Are beets good for heart health? How do you cook them?

A: Beets tend to be one of those love-'em-or-hate-'em vegetables, but if you love them, your health will benefit. Beets are loaded with betacyanin, which is believed to help fight cancer. They also have been shown to help lower total cholesterol and triglycerides and increase HDL (good) cholesterol. And they're low in calories (74 calories/cup).

Beets are high in sugar, so they are naturally sweet, making them good on their own or as an ingredient. When cooking beets, boil them with their skin on or their color will bleed. Then mash them like potatoes or cut them into chunks. To roast, wrap clean beets in foil and bake at 400°F until soft (about an hour). Once cooled, peel off skins, then slice and season to taste. Add sliced onions for more flavor.

Raw beets are also good shredded in leafy green salads or coleslaw. Sauté beet leaves in a little olive oil, as you would Swiss chard.

Continued on page 23

PHOTO: SCOTT LITTLE (top)

WEIGHT LOSS

Watch out for summer drinks. Each 1-ounce glass of lemonade has, on average, 100 calories and 25 grams of sugar. The same-size serving of McDonald's sweet tea has 115 calories and 19 grams of sugar.

Starting now, enjoy the foods you love & control your blood sugars!

Help is here

Delicious recipes (we count the calories and carbs for you), plus how to make sense of your numbers, avoid complications, feel better every day—from experts who care.

@ To subscribe and see the best diabetes recipes and content, visit **DiabeticLivingOnline.com**

Drink tap water. And before you know it, you can stash away $14,000.

You don't *always* have to drink bottled water. A $3 bottle a day x 365 days x 10 years x 6% interest is $14,694. That could be money in your pocket. Small changes today. Big bucks tomorrow. Go to feedthepig.org for free savings tips.

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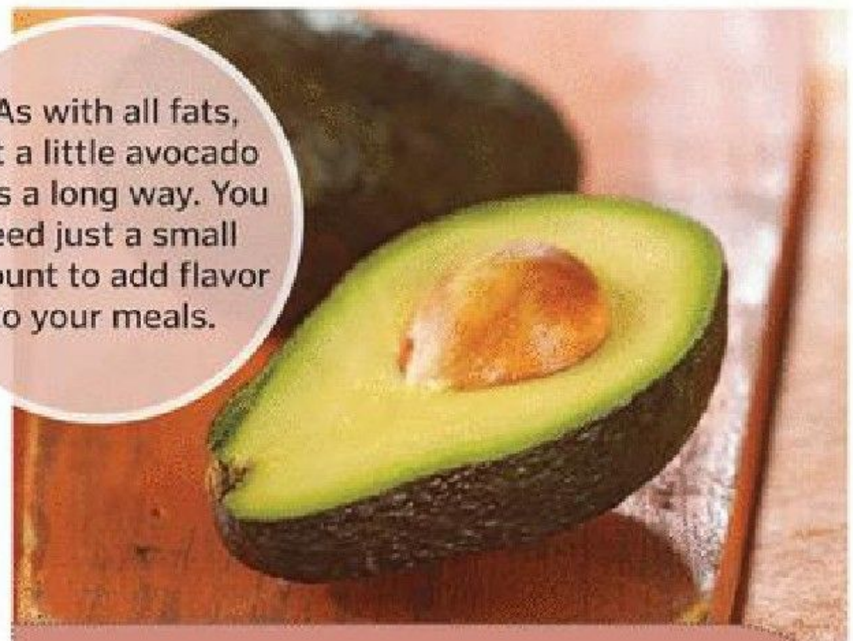
Continued from page 20



As with all fats, just a little avocado goes a long way. You need just a small amount to add flavor to your meals.

Can avocados burn fat?

Q: I've heard that avocados can help burn belly fat, but aren't they high in fat and calories?

A: Avocados are not typically what people would consider a diet food. One avocado has about 330 calories and 30 grams of fat, mostly monounsaturated fat (MUFA). A diet low in saturated fat and higher in MUFAs may help lower total and LDL (bad) cholesterol, decrease triglycerides, and increase HDL (good) cholesterol. It may also help people with diabetes better manage blood glucose levels.

As for avocados (and other high MUFA foods) burning fat or inducing weight loss, the research isn't as convincing. Some studies show no benefit at all when compared with a low-fat eating plan. Diets that promote MUFAs make bold weight loss claims, but those high-MUFA diets are also low in calories, which is likely the main reason for weight loss.

Still, considering the heart benefits, it's a good idea to add MUFAs to your diet. Replace foods high in saturated fat (red meat, cheese, butter) with avocados, olives, nuts, flaxseeds, and vegetable oils (canola, olive, soybean). Watch your portions because all those foods are high in calories.

PHOTO: JAY WILDE

Choline may help prevent dementia and ward off Alzheimer's disease.

Choline & your brain

Q: I keep hearing that people need more choline for brain health. What is it and where do you get it?

A: Choline, a vitaminlike nutrient, is getting a lot of attention because studies have shown it plays a vital role in brain development early in life. So when you hear about it in the news, you may think it's only for pregnant women and infants.

Actually, choline is important for brain and heart health as we age. Research is finding that choline may improve memory and may even prevent dementia and Alzheimer's disease. Some studies have shown that choline may help the heart by breaking down homocysteine, an amino acid in the blood that, in elevated amounts, can raise the risk of heart disease, stroke, and peripheral vascular disease.

Choline is found in just a few foods, which is one reason the majority of us fail to get the recommended amount. Beef and chicken liver, egg yolks, and wheat germ have the most. Smaller amounts are found in beef, milk, salmon, cod, peanuts, cauliflower, and broccoli.

If you're concerned that you don't get enough choline, talk to your doctor. You may need a choline supplement, but too much choline can cause side effects. *hhl*

FYI

Buy fresh fruits and vegetables from local farmer's markets and you'll likely get more nutrients than if you bought them at your supermarket. That's because fruits and vegetables lose nutrients during shipping and while sitting in the store's produce section.

Keep Your Cool in the Heat

You can enjoy summer outdoors and still be healthy if you take a few precautions to avoid stressing your heart.

BY Sharonne Hayes, M.D., FACC

WHEN TEMPERATURES SOAR, your body has to work harder to keep delivering blood and oxygen while also keeping you cool. There are some simple steps you can take to minimize the effects of heat and humidity on your body—including your heart. Your health care team also may be able to make changes in your treatment plan to keep you active and feeling well.

Sharonne N. Hayes, M.D., FACC, is director of the Women's Heart Clinic at Mayo Clinic in Rochester, Minnesota. She helped develop the National Heart, Lung, and Blood Institute's Heart Truth campaign.

How heat affects your heart

When your temperature rises even a little, your body tries to cool itself down through perspiration and dilation (opening up) of the blood vessels. It sends more blood to the skin, where the evaporating sweat cools the body. But as a result of the larger blood vessel size, the heart must beat faster and blood pressure often decreases.

People with heart disease and those taking medication that affects heart rate, blood pressure, or fluid balance are much more sensitive to higher air temperatures because adaptation to the heat can be limited by the underlying heart disease or medications to treat it.

If you have heart failure, your heart may already be working at maximum capacity and not be able to pump any harder. So it may not be able to keep up with the excess demands of keeping the body cool. Heart failure symptoms, such as breathlessness or edema, may worsen, and lightheadedness can occur if blood pressure drops. Inefficient cooling can result in overheating, which, if untreated, can lead to heat stroke.

FYI

Eating hot foods and digesting a heavy meal heats up your body and makes your heart work harder. Eat refreshing foods and more frequent but less calorie-dense meals. All the plentiful fresh fruits and vegetables available in the summer months make it easy.

Ways to thrive in hot weather

Stay cool. Stay inside or limit your activity during the hottest hours of the day (usually noon to 3 p.m.). If your home isn't air-conditioned, go to places that are. Shopping malls or public libraries are good choices. Also, wear loose-fitting, lightweight clothing that allows air movement.

Pace yourself. People with heart disease are more prone to fatigue in the heat and may require more frequent rests when active. If you like to exercise outdoors, wear very light, comfortable clothing and work out in the early morning or late evening. Prolong your warm-up time and pick up the pace gradually. If your heart pounds or you become unusually short of breath, STOP. Move into a cool area or at least into the shade and rest.

Stay hydrated. Dehydration can be particularly dangerous for people with heart disease because there's an increased risk of fainting, blood clots, and fatigue. If you have a specific fluid-intake restriction, talk with your doctor to ask if any modifications should be made. Do not drink large amounts of fluid (as is often recommended to the general public during heat spells) because this could add significant stress on your heart or even tip you into heart failure.

Weigh daily. A good way to monitor your body-fluid level is to weigh yourself first thing in the morning after using the toilet. If you weigh 2 pounds less than normal in the morning, you're probably dehydrated and need to drink more water before doing any vigorous physical activity.

Avoid alcohol, sugary drinks, and caffeine. Don't drink liquids that contain alcohol or large amounts of sugar, as these may cause further dehydration. Alcohol causes dilation of blood vessels and can lower heart-pumping function, which can result in a drop in blood pressure or heart failure symptoms. Caffeine can cause your heart to beat faster.

PHOTO: VEER

Know the signs of heat exhaustion

Extreme heat, especially when combined with high humidity, is associated with higher risks of heat-related illness and death. Taking prompt action after the following signs can save lives.

- Heavy sweating
- Cold, clammy skin; paleness
- Dizziness or fainting
- Weak and rapid pulse
- Muscle cramps and weakness
- Fast, shallow breathing
- Nausea or vomiting

If you recognize these symptoms in yourself or in someone who has heart disease or high blood pressure, remove excess clothing and move to a cool environment. If symptoms worsen or do not resolve within an hour, seek emergency medical care.

Take your medications

Many of us have a more relaxed schedule in the summer, but that shouldn't include your medication routines. If you experience heat-related side effects with your medication, talk to your health care team. Check this list for drugs you take and note the special precautions. If you take:

- **Diuretics or water pills (hydrochlorothiazide, furosemide [Lasix]):** Excess perspiration in hot weather can increase your risk of dehydration.
- **Beta-blockers (metoprolol [Toprol], carvedilol [Coreg], atenolol):** Because they lower blood pressure, you may feel dizzy if you get dehydrated. Beta-blockers also can reduce the body's ability to cool down.
- **Nitroglycerin or another vasodilator:** Dehydration that accompanies hot weather can make you more likely to experience blood pressure drops. Sit down if you need to use sublingual nitroglycerin.
- **Blood pressure medicines, such as ACE inhibitors, ARBs, and calcium channel blockers:** Any of these medications can enhance the likelihood of heat-related low blood pressure. *hhl*

FYI

Keep an eye on the thermometer. The risks of dehydration, heat exhaustion, and heat stroke increase when the humidity is above 70 percent and the temperature is above 70°F, according to the American Heart Association.

Special Report:

Belly Fat UNCOVERED

That tummy you have "learned to live with" is doing more harm to your heart than you may think. Learn the real health risks and how you can shrink your belly for good!

BY Samantha Heller, M.S., R.D

SPARE TIRE. POT BELLY. MUFFIN TOP. Love handles. Dunlap syndrome.

All these playful phrases refer to what the medical profession calls abdominal obesity. Unfortunately, abdominal obesity is anything but funny. It's downright dangerous.

Research has shown that in young and older people alike, those with big bellies are at increased risk for chronic diseases, such as cardiovascular disease, hypertension, stroke, insulin resistance, diabetes, and even cancer. More than one-third of U.S. adults—that's more than 72 million people—are obese and more than half of all U.S. adults have abdominal obesity, says the Centers for Disease Control and Prevention. Yet you can reduce your midsection—and your blood pressure and high cholesterol—with a few simple lifestyle changes.

Why belly fat is so unhealthy

Scientists used to think that fat cells were just a repository for excess fat, like storage trunks that just sat there. But in recent years, researchers have discovered that fat cells secrete hormones and other substances—some bad, some good. Some of these substances help reduce inflammation while some increase inflammation. The more excess fat you have, though, the more bad chemicals the fat produces.

"Fat cells are active little endocrine factories producing a wide array of hormones and other compounds that are poured into the blood," says Harvey B. Simon, M.D., an associate professor of medicine at Harvard Medical School and founding editor of the *Harvard Men's Health Watch* newsletter.

When it comes to belly fat, there are two kinds: subcutaneous fat, which accumulates around your middle, and visceral fat, hidden beneath your abdominal

MYTH:

Ab flab is a natural consequence of aging.

FACT: It's true that as we age, muscle mass declines, metabolism slows, and fat tends to collect around our middles. But you can minimize the effects with a healthful diet and regular exercise. If you are consistent, you will see results in several months.

Dangers of ab flab

- Ab flab in midlife increases the risk for **dementia and cognitive decline** later in life. A 2008 study in the journal *Neurology* found that central obesity in midlife triples the risk of dementia 30 years later. Scientists aren't exactly sure why.
- Researchers in the United States and Netherlands found that women and men with a large waist circumference had a 50 percent **increased risk of mortality** compared with people with smaller waist sizes, irrespective of their overall weight.
- Data from the 15-year-long Women's Health Initiative found that the bigger a woman's waist, the **greater the risk for lung cancer** in current and former smokers. Researchers suspect that abdominal obesity may affect how the body metabolizes tobacco carcinogens.
- Too much belly fat puts you at risk for **metabolic syndrome**, which is associated with heart disease and type 2 diabetes.
- Abdominal obesity has been associated with **migraine headaches.** A study presented by the American Academy of Neurology found that women with extra belly fat were 30 percent more likely to experience migraines than women without excess belly fat.
- **Abdominal obesity** is a potent risk factor for stroke.

PHOTO: PHOTOALTO AGENCY RF/GETTYIMAGES

FYI

Only 26 percent of U.S. adults say they engage in vigorous leisure-time physical activity three or more times per week (defined as periods of vigorous physical activity lasting 10 minutes or more).

muscles. Subcutaneous fat contributes to inflammation and cardiovascular disease.

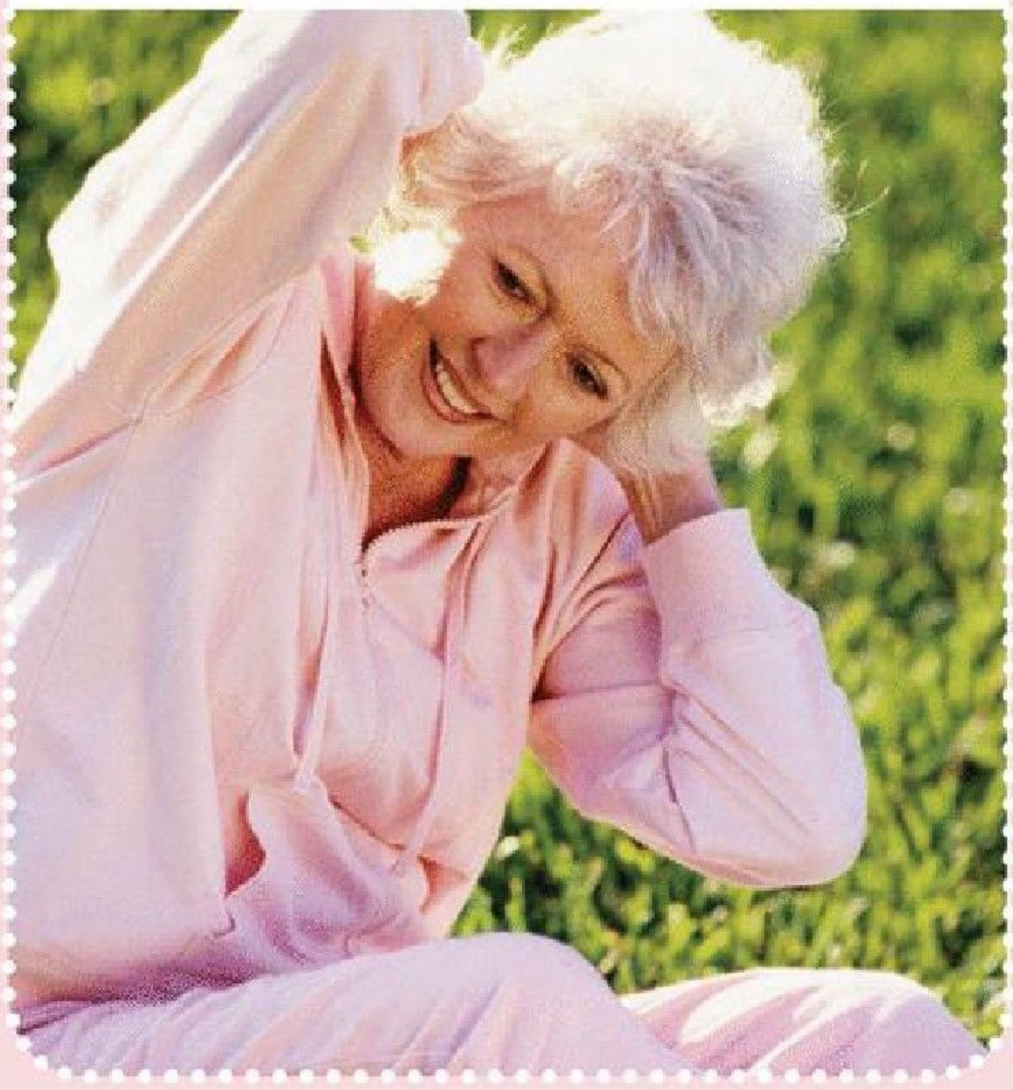
Visceral fat actually plays an important role in our immune system, says Steven Heymsfield, M.D., executive director of clinical sciences at the pharmaceutical company Merck and former deputy director of the New York Obesity Research Center at St. Luke's-Roosevelt Hospital. Visceral fat is filled with white blood cells that mop up microbes and other toxic substances that may escape through the intestinal wall.

But too much visceral fat secretes inflammatory chemicals—much more than fat cells found in other parts of your body. Inflammation is what researchers believe leads to chronic diseases, such as heart disease, type 2 diabetes, and cancer. Excessive visceral fat also dumps a lot of free fatty acids into the bloodstream, which carries them directly to the liver. Chronic overflow of fat to the liver results in high cholesterol, high triglycerides, and insulin resistance. Also, excess visceral fat has been linked to fat accumulating around organs such as the heart and liver, which impairs their ability to function well, Simon says.

MYTH:

Doing sit-ups can reduce abdominal fat.

FACT: Abdominal exercises, such as sit-ups, are a great way to strengthen your abdominal muscles, but they don't do a thing to get rid of the fat on top or underneath them. Daily cardiovascular exercise, such as brisk walking, biking, or taking an aerobics class, helps burn belly fat.



Stress plays a role

Your genes influence where your body decides to store extra fat. Even if you are genetically inclined to store fat around your waist, you are not doomed to end up looking like your portly Aunt Ida. Research and common sense tell us that behaviors such as smoking, drinking alcohol, and being a couch potato lead to less healthy lifestyles, which often lead to a big stomach. If you manage your calorie intake and engage in daily exercise, you will still have Aunt Ida's blue eyes—but not her waist.

Chronic stress also may play a role. When your body is stressed, it produces cortisol, a hormone that places your body on alert. Research suggests that this hormone can lead to an increase in belly fat in adults and children. "Stress is also linked to behaviors such as increased eating, drinking, and

EXPERTS

Women ages 45–54 are three times more likely than men that age to have a stroke, and belly fat appears to be the reason why, says Amytis Towfighi, M.D., assistant professor of neurology at the University of Southern California. It raises cholesterol and blood pressure.

smoking, and less exercise," says Stephen Siegel, M.D., FACC, FACSM, assistant professor in the NYU School of Medicine department of cardiology and president of the Greater New York Regional Chapter of the American College of Sports Medicine.

How to fight the fat

The good news is that research is showing that you needn't diet to lose abdominal fat (although if you are overweight, losing weight is always a good idea). Aerobic exercise—exercise that gets your heart rate up—can decrease ab flab without a reduction in calories.

"Modest daily walking, at least 2–3 miles a day where you burn approximately 100–150 extra calories a day, is important along with a generally active lifestyle," Simon says.

In the 2006 STRIDDE study, walking the

MYTH:

Menopause is the cause of my ab flab.

FACT: Yes, it's true that menopause increases the storage of fat about our midsections, but a tubby tummy is not inevitable. This time of life may be associated with decreased physical activity and increased food intake. Increasing your activity level and writing down your food intake can help you keep tabs on where any extra calories are coming from.

Are you at risk?

To find out if your belly is putting you at risk, Steven Heymsfield, M.D., says you need to know your waist circumference and body mass index (BMI).

"Together, waist circumference and BMI can be very helpful in assessing your health risks," he says. Checking your waist circumference is as easy as taking out a tape measure and wrapping it around your waist (but don't cheat by sucking in your gut when you take the measurement).

Waistline: Men in the United States should have a waist measurement of 40 inches or less, and women should have a waist that measures 35 inches or less. To find yours, wrap a tape measure around your stomach. The bottom of the tape should be even with the top of your hip bone. Keep the tape straight and snug, but don't let it dig into your skin.

BMI: If you know your weight and height, you can easily find your BMI on a BMI chart (available online at *nhlbisupport.com/bmi* or in your doctor's office).

Underweight	<18.5
Normal weight	18.5–24.9
Overweight	25–29.9
Obese	BMI of 30 or greater

There is a high range of waist circumference for any given BMI. Some people carry their weight in their thighs or buttocks and have a reasonable waist size. But if their BMI is over 25, they are considered obese and are vulnerable to all the health dangers associated with obesity. Then again, other people may have a BMI under 25 but a large waist circumference, which categorizes them as being abdominally obese. Harvard's Harvey B. Simon, M.D., agrees that measurement of girth is a very good predictor of hazard.

"But don't kid yourself," he says. "The guy who keeps his 35-inch belt but wears it lower and lower so that eventually his belly is hanging over it is not doing himself any favors."

PHOTOS: KEVIN DODGE/MASTERFILE (*opposite*), BLAINE MOATS (*this page*)

EXPERTS

"Fancy fat-burning diets or foods that are said to burn fat are a bunch of hooey," says Harvey B. Simon, M.D., associate professor of medicine at Harvard Medical School. No single food will burn fat. The only way to burn fat is to eat fewer calories and exercise on a daily basis.

Men have bigger guts than women—until menopause hits

"Men have roughly double the amount of abdominal fat as women," says Steven Heymsfield, M.D. So it is not unusual to see men with big bellies.

But once a woman enters menopause, the playing field levels. Hormonal changes that occur in a woman's body may change the way she stores fat. Menopause is associated with selective deposition of visceral fat as well as other metabolic changes that increase women's risk for heart disease, Heymsfield says.

equivalent of 11 miles a week prevented accumulation of visceral fat. More exercise resulted in a loss of ab flab. The bad news is that subjects who did not exercise gained a significant amount of abdominal fat, including visceral fat, in only six months. There is a high cost of a sedentary lifestyle in the short and long term.

No matter your age, you need not be stuck with a big gut for the rest of your life. A 2003 study in the *Journal of the American Medical Association* found that postmenopausal women who engaged in 45 minutes of exercise daily, such as brisk walking, lost between 3.4 percent and 6.9 percent of their abdominal fat in a year's time.

Beware the quick fix

If you are overweight or obese, you need to lose some weight for the sake of your health and well-being. Stay away from fad diets, including those that suggest cutting out entire food groups such as carbohydrate, and from quick fixes, such as pills and certain juices that promise rapid weight loss.

The best overall approach to reducing belly fat is to combine sensible eating with regular exercise. The ongoing Framingham study shows that eating healthful foods and exercising regularly reduces both kinds of belly fat. Healthful foods include whole grains, beans, low-fat or nonfat dairy, and lots of vegetables and fruits. Eating lean protein, such as fish and chicken, is associated with a reduction in abdominal fat. Reducing the amount of saturated fat—the kind found in butter, cheese, meat, and ice cream—also helps reduce belly fat and your risk of cardiovascular disease.

Here are simple steps, *right*, you can take to start on the road to good health and a healthy weight.

EXPERTS

There is some good news about belly fat. When people lose weight, often the first place they lose it is in their midsection, according to Michael Jensen, M.D., a Mayo Clinic endocrinology specialist and obesity researcher.

"Lasting weight control is about skill power, not just willpower. If you want to choose better foods, keep better foods within reach."

—David L. Katz, M.D., M.P.H., director of Yale University School of Medicine's Prevention Research

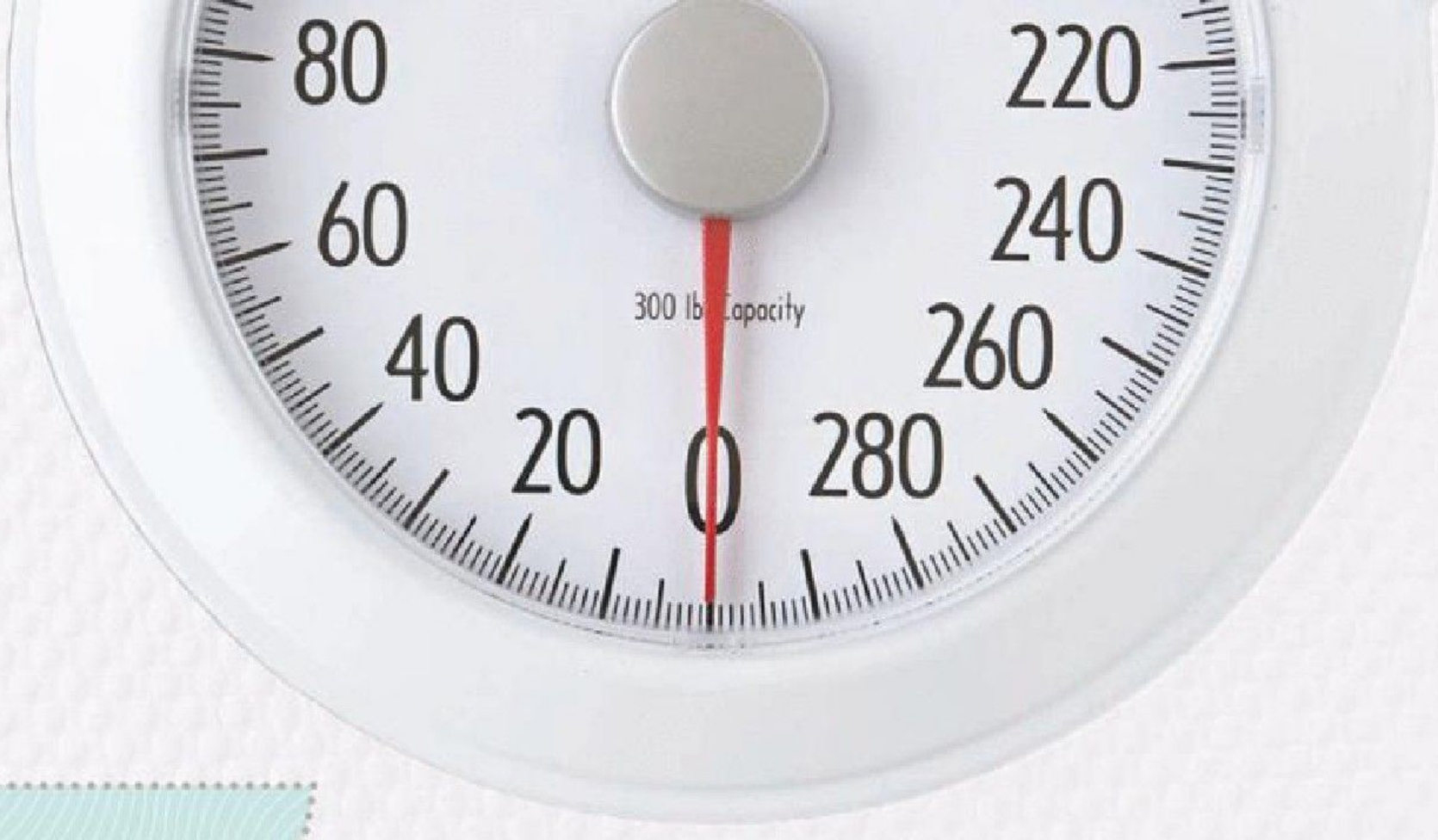
WAYS TO WHITTLE YOUR MIDDLE

- √ **Control portion size** by using smaller plates and bowls.
- √ **Stop drinking sugar-sweetened beverages,** such as regular sodas and fruit drinks.
- √ **Be sure to include vegetables with every lunch and dinner.** Besides being nutritious, they help fill you up.
- √ **See a registered dietitian to help you create a healthful eating plan.** Go to the American Dietetic Association's Web site, *eatright.org,* to find a registered dietitian in your area.
- √ **Use only low-fat or nonfat milk, cheese, and yogurt.**
- √ **Go meatless a few nights a week.** Try a whole wheat pasta primavera with lots of vegetables instead of a steak and potato.
- √ **Stop eating after dinner while watching TV or in front of the computer.** Most people needlessly pack in hundreds more calories while mindlessly munching.
- √ **Exercise daily.** Adults need 2 hours and 30 minutes a week of moderate-intensity aerobic activity, such as brisk walking, and muscle-strengthening activities two or more days a week, says the Centers for Disease Control and Prevention's exercise guidelines.
- √ **Turn off the TV.** Watching more than three hours of TV a day packs pounds around your middle.
- √ **Limit your intake of saturated fats.** Scientific evidence suggests you can reduce belly fat by eating less saturated fat. Saturated fat is found in butter, cheese, meat, and ice cream.
- √ **Consume more healthy fats,** such as olive, canola, peanut, and walnut oils. They're better for your waist and your arteries.
- √ **Substituting a modest amount of protein for carbohydrate** may lead to lower abdominal obesity. For example, have only ¾ cup of brown rice (instead of the usual 1½ cups) with a 4-ounce serving of salmon and a hearty helping of vegetables for dinner.
- √ **Drink less alcohol and quit smoking.**
- √ **Manage your stress.** Chronic stress can increase belly fat in adults and adolescents. Take time to de-stress and relax when you can. A few deep breaths in a frustrating moment can work wonders.
- √ **Add whole grains to your diet.** A study in the *American Journal of Clinical Nutrition* found that consuming whole grains decreased abdominal fat and C-reactive protein levels in obese men and women. Whole grains include whole wheat bread and pasta, brown rice, corn tortillas, and popcorn.
- √ **Incorporate strength training into your daily exercise routine.** Some research has shown that it may help tighten your tummy. Check with your doctor first. *hhl*

PHOTO: BLEND IMAGES/GETTYIMAGES

FYI

Adults who are obese have a 10- to 50-percent increased risk of death from all causes compared with healthy-weight individuals. Most of the increased risk is due to cardiovascular causes, says the U.S. Department of Health and Human Services.



7 Habits of Highly Successful Losers

One of the best things you can do for your heart is lose weight. Learn from real-life losers how they did it—and how they've kept it off for years.

BY Michele Meyer

Nobody wants to be called a loser—except when it comes to weight. And the 6,000 or so losers who belong to the National Weight Control Registry use the term with great pride because, to get into this club, you must have lost an average of 66 pounds and kept 30 pounds off for more than a year.

Gordon R. Keehn, 61, from Raleigh, became a member after peaking at 317 pounds. The 6-foot-2 software engineer used to gasp for breath while climbing stairs, and the drugs he took every day barely controlled his blood pressure.

"I had put a deposit on a new Saturn Sky and wasn't sure I could fit behind the steering wheel," he says.

James O. Hill, director of the University of Colorado-Denver's Center for Human Nutrition, says overweight people with cardiovascular disease must lose weight. "Excess weight is a risk factor for heart disease, especially if it's in the stomach area," he says.

Keehn lost 120 pounds five years ago, reaching 197 pounds, and has kept the weight off ever since.

"It's daunting, but if these regular people can do it, so can you," says Rena Wing, Ph.D., professor of psychiatry and human behavior at Brown Medical School in Providence, Rhode Island. "It takes hard work and commitment."

What worked for these long-term losers were seven habits that can work for you, too.

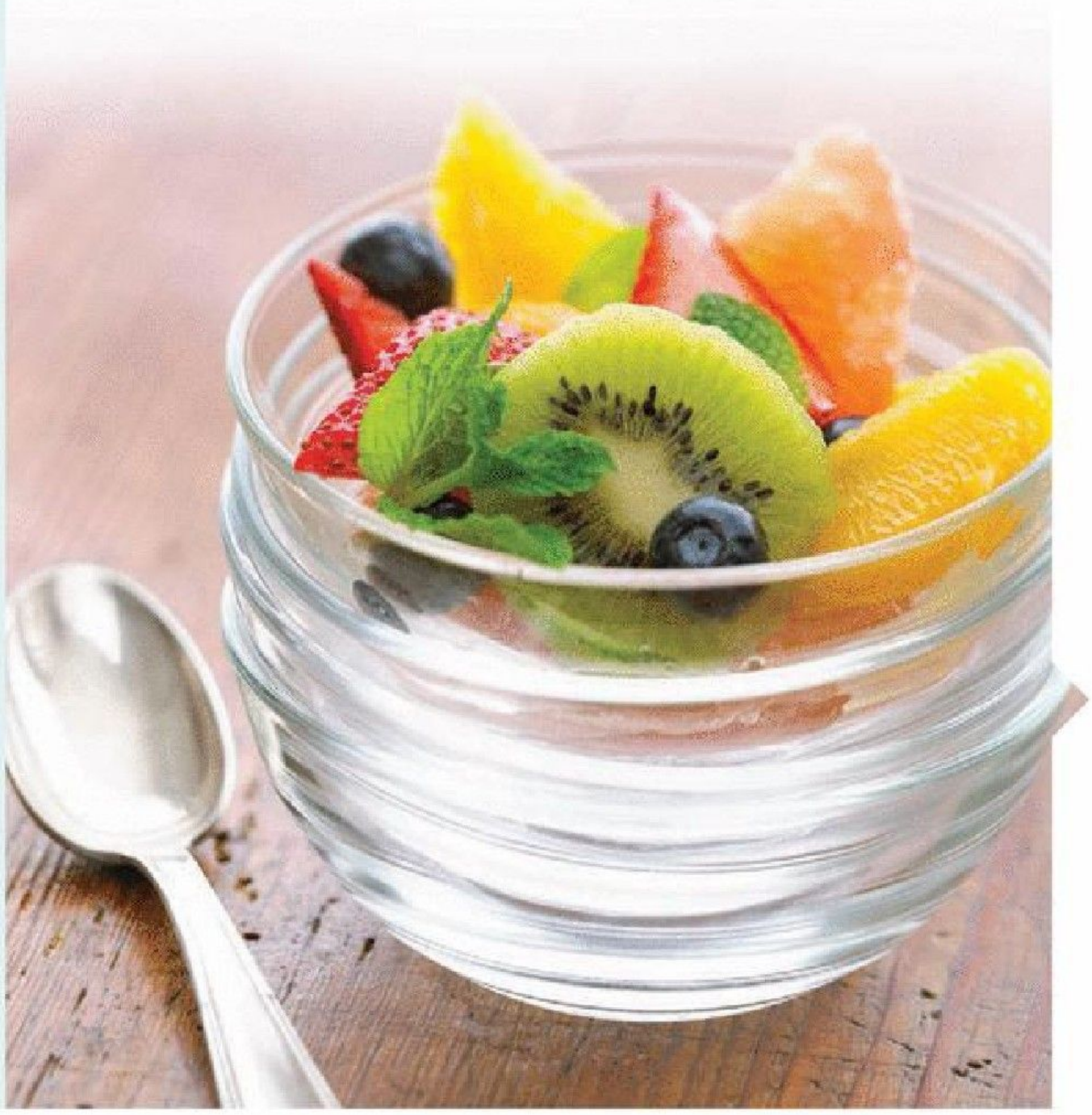
Almost 80 percent of registry members report a "triggering event" that preceded their weight loss.

1. Eat breakfast

Less than 5 percent of these weight loss winners skip breakfast. Four of five eat it every day.

"If you start with a healthy breakfast, you set the day's pattern and avoid getting too hungry and overeating," says Wing, who is also the director of The Miriam Hospital's weight-control and diabetes research center in Providence.

When Jeanette Andrews of Santa Barbara weighed 194, the 5-foot-4 engineer routinely skipped breakfast and was ravenous by day's end. "I'd eat a huge dinner and never stop eating," she says. Now — after having lost 42 pounds 14 years ago — she eats fruit with cottage cheese or yogurt before heading out the door to work. "Lunch has become my main meal."



PHOTOS: JASON DONNELLY (*opposite*), BLAINE MOATS (*this page*).

FYI

Do you know your BMI? To find your body mass index, go to *nhlbisupport.com/bmi*. A healthy BMI is <24.9; an overweight one 25–29.9; and obese is 30 plus.

2. Reduce TV time

Exercising registry dieters devote scant time to TV. Nancy Adamczyk, 56, a Boston weight loss behavioral educator, watches 60–90 minutes of TV a night versus the four hours she watched when she was heavier.

She's typical: 62 percent of registry participants report watching less than 10 hours of TV a week, versus the national average of 28 hours a week. "They have more time to be physically active and are not as exposed to food advertising and mindless eating," Wing says.

Christine Monson, a nurse from Bentonville, Arkansas, only watches TV when she is on her elliptical machine. Monson, who is 5-foot-7, has shed 40 pounds and weighs 140. "Shows I'm dying to watch are my greatest incentive," she says.

Turn off the TV and put in an exercise video. Or tell yourself you can only watch your favorite show while exercising.

3. Get active

Ninety percent of registry participants exercise 60–90 minutes daily.

"It needn't be all at once," Wing says. Many take a 10-minute morning walk, another at lunch, and a third after work—plus their full-bore workout. (See "Fit in Fitness" on page 44.) "Walking is their main activity. But they mix it up," she says.

That holds true for John Nixdorf, 58, of Naperville, Illinois, who walks two miles round-trip from his office at the National PTA to the train station. He started walking after he climbed on his bathroom scale and saw the needle point to 303. "At first, I had to stop walking and rest at midpoint," he says, "then I did additional walking at night and during lunch."

A month later, he added 70 minutes a day on an elliptical trainer and began distance biking. Now he runs or cycles in good weather and uses the elliptical trainer when temperatures keep him inside. Nixdorf has shed 100 pounds and, three years later, still weighs 190 pounds.

Adamczyk exercises one to two hours every day. "I exercise before breakfast to have a good start," she says. In the 1970s, she lost 60 pounds over 15 months and has kept it off.

"When I'm tired, I go for 10 minutes to avoid a no-exercise day." Adamczyk walks or runs on a home treadmill and sometimes lifts weights or jumps rope.

EXPERTS

"The AHA recognizes excess weight as a major risk factor for cardiovascular disease not only in itself, but also because it affects insulin resistance, cholesterol, and blood pressure," says James O. Hill, of the University of Colorado-Denver's Center for Human Nutrition.

4. Weigh yourself regularly

Three of four longtime weight loss winners weigh themselves at least once a week, and 44 percent report jumping on the scale every day. "This lets them see patterns and where to focus," Wing says. "They also see changes quickly, so they aren't surprised by gaining a full clothing size."

Nixdorf was so committed to keeping his weight off, he invested in a physician's scale. "That way I don't have self-deception, as in, 'Oh, the scales are reading heavy,'" he says.

5. Pounce on weight gain

If dieters' weight gain exceeds 2 to 3 pounds, they boost their exercise and cut back on calories. Andrews used to sound the alarm at 10 pounds, but then regained 20 pounds. "I lost focus," she says. She now takes action after seeing a 3-pound weight gain. "There are no holidays from health."

6. Learn to love the same things

Rote is right. People who keep weight off follow a low-calorie, low-fat diet with rare splurges. "Studies show the more variety, the more you eat," Wing says. "These dieters limit portions, rarely eat out, and never take a day off. Breaks only lead to more breaks," Wing says.

Monson's menu rarely deviates from oatmeal with skim milk and a banana or raisins for breakfast; turkey or low-fat cheese sandwich with vegetables for lunch; and a salad with grilled chicken for dinner—hold the mayo and dressing. "I don't think about what to eat and therefore not as much about food," she says.

Nixdorf has given up ground meat, sausage, bacon, and cheese. Cereal, high-fiber bars, and apples are staples of what he calls "The Medieval Diet—perpetual Lent with penance in the gym," he says with a laugh. "When I'm tempted, I remind myself what a long, hard trip it's been."

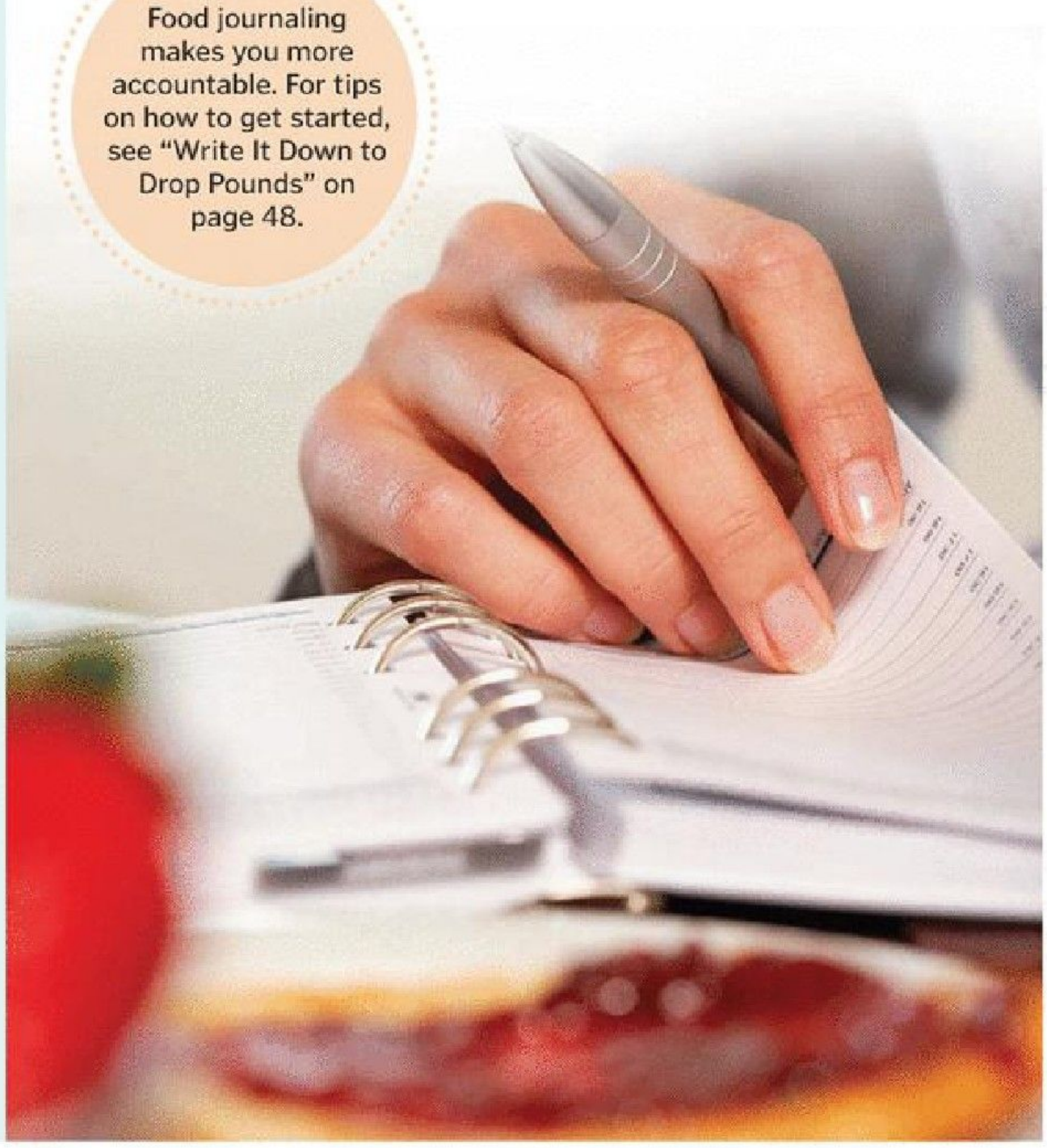
7. Write it down

Most weight loss winners also log their food intake and exercise daily. This keeps them motivated and reveals problems.

Nixdorf found that record-keeping fueled his weight loss. "I thought, *Gee, if I just cut mayo and cheese from my sandwich and walk to the train station, that's 500 calories a day, or a pound a week.* I became obsessive about the calories-in/calories-out equation."

Keehn, the software engineer, has tracked his food and workouts (and his wife's) for five years using computer software. A pedometer confirms they've walked five to seven miles every day. "The software tracks both our long-term and daily progress," he says. "The most I've gone without logging was two days." *hhl*

Food journaling makes you more accountable. For tips on how to get started, see "Write It Down to Drop Pounds" on page 48.



PHOTOS: STOCKBYTE/JUPITERIMAGES (*opposite, bottom*), BLAINE MOATS (*opposite, top*), CORBIS/VEER (*this page*).

FYI

What you own may be as important as what you eat, reports a California Polytechnic State University survey of the overweight versus those who've lost 10 percent or more of their weight and kept it off. Those with more fitness equipment and fewer TVs were trimmer.

Avoiding Trans Fat Traps

You've heard trans fat is bad, but what foods have it? Learn how to ditch trans fat for a healthier heart and a trimmer tummy.

BY Marsha McCulloch, M.S., R.D.
PHOTOS BY Blaine Moats
FOOD STYLING BY Greg Luna
PROP STYLING BY Sue Mitchell

Which of these foods contain harmful trans fat?

Turn to page 38 to find out.

IT'S EASY TO UNDERSTAND why our taste buds fell in love with trans fat. It makes snack foods crispy, piecrusts flaky, and margarines creamy. What's more, trans fat is easy to use in packaged foods and extends their shelf life.

But just as with many things that sound too good to be true, trans fat has run its course.

Trans fat's tricks

This artificial fat is infamous for its role in clogging blood vessels and increasing risk of heart disease and stroke. Specifically, numerous human studies suggest artificial trans fat can:

- Raise total and LDL (bad) cholesterol levels
- Lower HDL (good) cholesterol
- Raise triglycerides (artery-clogging fats)
- Promote inflammation in arteries
- Increase risk of sudden blood clots (which often lead to fatal heart events)

But that's not all. Recent animal studies suggest artificial trans fat may promote obesity, including increased belly fat. When researchers at Wake Forest University School of Medicine in Winston-Salem, North Carolina, fed male monkeys weight-maintenance diets high in manufactured trans fat, the monkeys developed four times the weight gain of monkeys fed diets containing naturally occurring fat. Plus, trans fat eaters packed more fat internally in their bellies, which has been linked to insulin resistance, a type 2 diabetes risk factor.

Trans fat patrol

Since 2006, manufacturers have been required to label how much trans fat is in foods. That's made it easier for consumers to monitor their intake and prompted companies to use less.

In general, health organizations advise that we consume as little trans fat as possible. The American Heart Association suggests we limit trans fat to less than 1 percent of our daily calories, which is about 2 grams a day for someone eating a typical 2,000-calorie diet. Yet it's estimated that Americans consume an average of 5–7 grams of trans fat a day. If you're ready to trim the trans fat, follow our tips.

Got trans fat?

To find out if trans fat is in a food:

1. Check the Nutrition Facts panel for trans fat grams, which are given per serving.
2. If the trans fat amount is zero, check the ingredient list for "partially hydrogenated oil." If such oil is present, the product contains trans fat, but the amount per serving is less than 0.5 gram so the amount is rounded to zero.
3. Generally, the earlier partially hydrogenated oil appears in the list, the more trans fat it has.

If you eat several foods with a small amount of partially hydrogenated oil, your intake of trans fat could easily top your daily limit.

New fake fat

Trans fat has been vanishing from foods where it used to hide, such as packaged cookies, margarine spreads, and frozen potpies, *below*. So what are manufacturers using instead?

Some companies are swapping trans fat with highly saturated fats, such as palm kernel oil, or are using a new chemically manufactured fat: interesterified oil. Although limited research suggests interesterified fat doesn't significantly affect cholesterol levels, studies are needed to evaluate its effect over the long term.

FYI

Small amounts of trans fat occur naturally in foods such as meat and dairy products. However, research suggests this naturally occurring trans fat is not harmful. It's the artificial form (typically from partially hydrogenated oil) that poses health risks.

How to outsmart trans fat

Although manufacturers have reduced the trans fat in foods, it's still hiding in many packaged products. Every food pictured here, except the angel food cake with berries, is a common trans fat culprit. Find out what to watch for.

Piecrust

A slice of this frozen key lime pie has 2 grams trans fat from the graham cracker crust. Ready-to-use graham cracker crusts have trans fat, too. Make your own low-fat crust or try crustless pie.

Microwave popcorn

Although many brands of microwave popcorn have removed the trans fat, some still contain as much as 5 grams of trans fat per serving. Always read labels.

Trans Fat Free!

Angel food cake

You won't find any trans fat hiding in unfrosted angel food cake—in fact, it's fat-free. Top it with fresh berries and a bit of light whipping cream that you whip yourself.

Purchased baked goods

It's estimated that half of the trans fat we eat comes from baked goods, such as these grocery store bakery goodies. Ask the bakery manager for details about fats used.

Frozen novelties

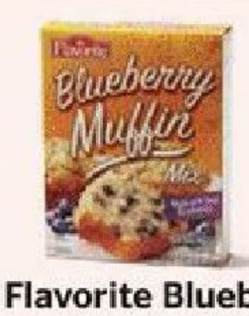
Small amounts of trans fat frequently hide in the cones of frozen treats, as well as cones that you fill yourself. Enjoy your ice cream in a dish to save fat and calories.

Biscuit sandwiches

If your breakfast sandwich is made with a biscuit or croissant, you're getting about 3 grams of trans fat per serving. Opt for an English muffin base.

Trade in trans fat

We show you what to choose and what to leave on the shelf to avoid trans fat, including the smaller amounts that don't show up on nutrition labels but that add up with multiple servings.

CHOOSE THIS	NOT THAT	CHOOSE THIS	NOT THAT
Quaker Simple Harvest Granola Bars 1 bar (35 g) = 150 cal., 4.5 g fat (1.5 g sat. fat), 0 g trans fat	**Quaker Fiber & Omega-3 Granola Bars** 1 bar (35 g) = 150 cal., 4 g fat (2 g sat. fat), < 0.5 g trans fat*	**Old London Whole Grain Melba Snacks, Sea Salt** 4 pieces (15 g) = 50 cal., 1 g fat (0 g sat. fat), 0 g trans fat	**Gardetto's Roasted Garlic Rye Chips** ½ cup (30 g) = 160 cal., 10 g fat (2 g sat. fat), 2.5 g trans fat
Betty Crocker Home Style Frosting Mix 3 Tbsp. prepared = 50 cal., 0 g fat, 0 g trans fat	**Betty Crocker Whipped Fluffy White Frosting** 2 Tbsp. = 100 cal., 5 g fat (1.5 g sat. fat), 1.5 g trans fat	**Duncan Hines Wild Maine Blueberry Whole Grain Muffin Mix** ½12 pkg. mix = 130 cal., 2 g fat (0 g sat. fat), 0 g trans fat	 **Flavorite Blueberry Muffin Mix** ½12 pkg. mix = 140 cal., 1.5 g fat (0 g sat. fat), < 0.5 g trans fat*
Fat Free Fig Newtons 2 cookies (29 g) = 90 cal., 0 g fat (0 g trans fat)	**Fig Newtons** 2 cookies (31 g) = 110 cal., 2 g fat (0 g sat. fat), < 0.5 g trans fat*	**Smart Balance Omega Buttery Spread** 1 Tbsp. = 80 cal., 8 g fat (2.5 g sat. fat), 0 g trans fat	**Stick margarine** 1 Tbsp. = 100 cal., 11 g fat (2 g sat. fat), 3 g trans fat
Rhodes Warm-N-Serv Whole Wheat Rolls 1 roll (57 g) = 150 cal., 3.5 g fat (2 g sat. fat), 0 g trans fat	**Pillsbury Grands! Frozen Buttermilk Biscuits** 1 biscuit (59 g) = 180 cal., 8 g fat (2 g sat. fat), 3.5 g trans fat	**Betty Crocker Potato Buds Mashed Potatoes** ⅓ cup mix = 80 cal., 0 g fat (0 g sat. fat), 0 g trans fat	**Betty Crocker Roasted Garlic Mashed Potatoes** ⅓ cup mix = 80 cal., 0 g fat (0 g sat. fat), < 0.5 g trans fat* hhl

*Refers to trans fat contributed from partially hydrogenated oils in the ingredient list but that are present in amounts < 0.5 g per serving so are rounded to 0 grams on the Nutrition Facts label.

FYI

Some scientists believe artificial trans fat is so detrimental, they've petitioned the government to ban it from the American food supply. A handful of U.S. locations, led by New York City, have banned restaurants from serving foods containing artificial trans fat.

Mind Over Stomach

How to Fight Food Addiction

New research suggests that for some people, the problem with eating is in their brains rather than their stomachs. See how a different approach may work for you.

BY Patricia Prijatel

KATHY KNEW SHE NEEDED TO LOSE weight, but to save her life, the Baxter, Iowa, woman didn't think she could do it.

Then, in 2007, she heard a group of normal-size women speak about how they lost weight and kept it off through a program for compulsive overeaters. Until that moment, it had never occurred to Kathy that the reason for her overeating might be more complicated than a lack of discipline.

What she did know was that being overweight prompted an escalating series of health problems—high blood pressure at age 18, high cholesterol in her early 40s, and type 2 diabetes in her late 40s. In her mid-50s and morbidly obese at 272 pounds, Kathy knew that the six pills she took every day for those conditions would not stop the heart attack she saw looming in her future.

"I just thought I didn't have the willpower," she says.

What is compulsive overeating?

Compulsive overeating, sometimes called food addiction, is a complex problem that requires more than a simple diet or exercise regimen to solve.

"It's like an alcoholic with a drink," says Tricia Walker, manager of weight management services for Vista Health Systems in Vernon Hills, Illinois. "You can't do without the food of choice: chocolate, pizza, doughnuts."

Nora D. Volkow, M.D., director of the National Institute on Drug Abuse, who has directed much of the brain research on obesity, says the food-addicted brain typically responds to foods high in sugar, salt, and fat. Sugar can cause the same type of brain activities that occur in the brains of people who are addicted to drugs or alcohol.

> "Overeating is an addictive behavior, similar to addiction to alcohol. It hijacks the brain."
>
> —Gene-Jack Wang, M.D., Brookhaven Center for Translational Neuroimaging

In essence, certain people's brains have a different reaction to foods high in those trigger ingredients. Instead of being satisfied with a normal portion, the food sets up a craving in the person's brain.

Continued on page 43

WEB SITE

Get treatment referrals or find a support group through the National Eating Disorders Association: *nationaleatingdisorders.org*

There are 2 sources of cholesterol.
Food & Family.

Only VYTORIN treats both.

It's important to eat healthy and stay active, but when that's not enough, talk to your doctor about treating the 2 sources of cholesterol with VYTORIN. VYTORIN contains two cholesterol medicines, *Zetia* (ezetimibe) and *Zocor* (simvastatin), in a single tablet.

VYTORIN is the only product that helps block cholesterol that comes from food and reduces the cholesterol your body makes naturally, based on family history. And VYTORIN can dramatically lower your bad cholesterol 45%–60%. (Average effect depending on dose; 52% at the usual starting dose.)

VYTORIN contains two cholesterol medicines, *Zetia* (ezetimibe) and *Zocor* (simvastatin), in a single tablet. **VYTORIN has not been shown to reduce heart attacks or strokes more than *Zocor* alone.**

Ask your doctor if VYTORIN is right for you. Or, to learn more, call **1-877-VYTORIN** or visit **vytorin.com.**

To find out if you qualify, call 1-800-347-7503.

Merck/Schering-Plough Patient Assistance Program

Important Risk Information About VYTORIN: VYTORIN is a prescription tablet and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, and anyone with liver problems.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. VYTORIN may interact with other medicines or certain foods, increasing your risk of getting this serious side effect. So tell your doctor about any other medications you are taking.

Your doctor may do simple blood tests before and during treatment with VYTORIN to check for liver problems. Side effects included headache, muscle pain, and diarrhea. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about VYTORIN on the adjacent page.

VYTORIN®
(ezetimibe/simvastatin)

Treat the 2 sources of cholesterol.

MERCK /Schering-Plough Pharmaceuticals

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VYTORIN® (EZETIMIBE/SIMVASTATIN) TABLETS
PATIENT INFORMATION ABOUT *VYTORIN* (VI-tor-in)

Generic name: ezetimibe/simvastatin tablets

Read this information carefully before you start taking VYTORIN. Review this information each time you refill your prescription for VYTORIN as there may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about VYTORIN, ask your doctor. Only your doctor can determine if VYTORIN is right for you.

WHAT IS *VYTORIN*?

VYTORIN is a medicine used to lower levels of total cholesterol, LDL (bad) cholesterol, and fatty substances called triglycerides in the blood. In addition, VYTORIN raises levels of HDL (good) cholesterol. VYTORIN is for patients who cannot control their cholesterol levels by diet and exercise alone. You should stay on a cholesterol-lowering diet while taking this medicine.

VYTORIN works to reduce your cholesterol in two ways. It reduces the cholesterol absorbed in your digestive tract, as well as the cholesterol your body makes by itself. VYTORIN does not help you lose weight. VYTORIN has not been shown to reduce heart attacks or strokes more than simvastatin alone.

WHO SHOULD NOT TAKE *VYTORIN*?

Do not take VYTORIN:

- If you are allergic to ezetimibe or simvastatin, the active ingredients in VYTORIN, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section at the end of this information sheet.
- If you have active liver disease or repeated blood tests indicating possible liver problems.
- If you are pregnant, or think you may be pregnant, or planning to become pregnant or breast-feeding.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using VYTORIN.

VYTORIN has not been studied in children under 10 years of age.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *VYTORIN*?

Tell your doctor right away if you experience unexplained muscle pain, tenderness, or weakness. This is because on rare occasions, muscle problems can be serious, including muscle breakdown resulting in kidney damage.

The risk of muscle breakdown is greater at higher doses of VYTORIN.

The risk of muscle breakdown is greater in patients with kidney problems.

Taking VYTORIN with certain substances can increase the risk of muscle problems. It is particularly important to tell your doctor if you are taking any of the following:

- cyclosporine
- danazol
- antifungal agents (such as itraconazole or ketoconazole)
- fibric acid derivatives (such as gemfibrozil, bezafibrate, or fenofibrate)
- the antibiotics erythromycin, clarithromycin, and telithromycin
- HIV protease inhibitors (such as indinavir, nelfinavir, ritonavir, and saquinavir)
- the antidepressant nefazodone
- amiodarone (a drug used to treat an irregular heartbeat)
- verapamil (a drug used to treat high blood pressure, chest pain associated with heart disease, or other heart conditions)
- large doses (≥1 g/day) of niacin or nicotinic acid
- large quantities of grapefruit juice (>1 quart daily)

It is also important to tell your doctor if you are taking coumarin anticoagulants (drugs that prevent blood clots, such as warfarin).

Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- drink substantial quantities of alcohol or ever had liver problems. VYTORIN® (ezetimibe/simvastatin) may not be right for you.
- are pregnant or plan to become pregnant. Do not use VYTORIN if you are pregnant, trying to become pregnant or suspect that you are pregnant. If you become pregnant while taking VYTORIN, stop taking it and contact your doctor immediately.
- are breast-feeding. Do not use VYTORIN if you are breast-feeding.

Tell other doctors prescribing a new medication that you are taking VYTORIN.

HOW SHOULD I TAKE *VYTORIN*?

- Take VYTORIN once a day, in the evening, with or without food.
- Try to take VYTORIN as prescribed. If you miss a dose, do not take an extra dose. Just resume your usual schedule.
- Continue to follow a cholesterol-lowering diet while taking VYTORIN. Ask your doctor if you need diet information.
- Keep taking VYTORIN unless your doctor tells you to stop. If you stop taking VYTORIN, your cholesterol may rise again.

WHAT SHOULD I DO IN CASE OF AN OVERDOSE?

Contact your doctor immediately.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *VYTORIN*?

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking VYTORIN and during treatment.

In clinical studies patients reported the following common side effects while taking VYTORIN: headache, muscle pain, and diarrhea (see What should I tell my doctor before and while taking VYTORIN?).

The following side effects have been reported in general use with VYTORIN or with ezetimibe or simvastatin tablets (tablets that contain the active ingredients of VYTORIN):

- allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing (which may require treatment right away), rash, hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle pain; alterations in some laboratory blood tests; liver problems (sometimes serious); inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; gallstones; inflammation of the gallbladder; trouble sleeping; poor memory.

Tell your doctor if you are having these or any other medical problems while on VYTORIN. This is <u>not</u> a complete list of side effects. For a complete list, ask your doctor or pharmacist.

GENERAL INFORMATION ABOUT *VYTORIN*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VYTORIN for a condition for which it was not prescribed. Do not give VYTORIN to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about VYTORIN. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about VYTORIN that is written for health professionals. For additional information, visit the following web site: vytorin.com.

Inactive ingredients:
Butylated hydroxyanisole NF, citric acid monohydrate USP, croscarmellose sodium NF, hypromellose USP, lactose monohydrate NF, magnesium stearate NF, microcrystalline cellulose NF, and propyl gallate NF.

Issued May 2009

VYTORIN®
(ezetimibe/simvastatin) tablets

MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

21050229(1)(513)-VYT

Continued from page 40

Eat less, walk more

Treatment centers and addiction recovery programs focus on diet and physical activity, but many also stress behavior modification and group support. Kathy's dietitian designed a food plan that does not include foods high in sugar or fat but keeps her from getting too hungry. She eats three meals and two snacks at regular times each day.

She also started walking. Recent research suggests that working out might even improve the brain's control over eating.

Changing behavior

Tanya Adams, Ph.D., a neurobiologist at the University of Southern California, says behavior therapy can help patients develop a realistic sense of hunger and fullness, which they may have lost. "If you have a good sense of hunger, you eat when you're hungry and stop when full," she says. In many cases, though, this behavior has to be taught.

She suggests creating a log in which you write how full you are and keep it next to you while eating. Stop eating every minute or two and rate your feelings of fullness. This becomes a visual feedback, allowing you to evaluate your eating, to see that you are increasingly getting more and more full.

Lean on others

Getting the understanding and support of family members can be especially important in helping compulsive overeaters face their problems with food. National support groups, such as Overeaters Anonymous, offer weekly meetings for people to talk to fellow overeaters.

Kathy joined Overeaters Anonymous. Because of the program's rules on anonymity, she doesn't allow her last name to be used in the media. She attends one meeting a week and calls members when she needs to talk.

Now, nearly at a normal body weight, Kathy has normal blood pressure and cholesterol. Most important, she says the recovery program has freed her from food cravings—something no diet ever did.

"Within the first day or two, the cravings for sweet stuff were gone," she says.

Are You a Compulsive Overeater?

Answering these 15 questions may help you determine whether you have a problem with compulsive overeating or food addiction.

For more information about Overeaters Anonymous, visit *oa.org*.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly in front of others, then overeat when you're alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week or longer, only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you could diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

If you answered "yes" to three or more of these questions, Overeaters Anonymous says it is probable that you have, or are well on your way to having, a compulsive eating problem. *hhl*

FYI

Compulsive overeating may be genetic. Obesity is 10 times more likely in people with parents or siblings who are obese.

Fit in Fitness

Who needs to drive to the gym? You can easily squeeze in 30 minutes of movement each day without really trying. Here are some ways to disguise your exercise in everyday routines.

BY Michele Meyer

By the time you pack a gym bag, drive, change, work out, change again, and drive home, you have probably spent more time on the process than on the treadmill.

DUSTING FURNITURE, PLAYING TABLE TENNIS, and bringing in groceries hardly sound like the path to a healthier heart and trimmer tummy. But they may be.

"Little changes over time can yield extraordinary results," says Barry A. Franklin, Ph.D., director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital in Royal Oak, Michigan, and a member of the *Heart-Healthy Living* advisory board. "You don't need a gym. Just move more and sit less!"

He prescribes small doses of activity—such as leaving the laundry basket and carrying loads of clothes in your hands—to amass 10–12 minutes at a time instead of going to a gym.

Tempted by technology

Just 30 percent of Americans are regularly active, exercising the 30 minutes five or more times weekly advised by the U.S. Surgeon General. And half who start a structured exercise regimen quit within a year. In fact, new health club members go there only twice monthly, the *Journal of the American College of Cardiology* reports.

TV is one of the biggest distractions. The average American watches four hours and 49 minutes of television daily—20 percent more than a decade ago, reports TV-trackers The Nielsen Company. And that doesn't count almost an hour daily on the Internet.

"The fitness revolution has been disappointing," Franklin says. "Exercise is voluntary and time-consuming, so it competes with the sedentary seductions of iPods, cell phones, TV, video games, and the Internet."

Even worse, Franklin says, is by the time you pack a gym bag, drive, change, work out, change again, and drive home, you have probably spent more time on the process than on the treadmill. Franklin's own cardiac rehab patients commute 20 minutes each way to reach his clinic, then devote 28–32 minutes to moderate-to-strenuous exercise.

"The rest of the time they're socializing or charting their progress. They spend more time driving here than exercising once they arrive," he says.

Franklin suggests more than 25 ways to fit in fitness without really feeling it:

Lose the laundry basket. Carry more, smaller loads to the washer and back.

PHOTOS: COLLECTION MIX: SUBJECTS/GETTYIMAGS (opposite). MIXA/GETTYIMAGES (this page).

FYI

A normal resting heart rate for an adult ranges from 60 to 100 beats per minute. To find yours, check your pulse. When you feel your pulse, look at your watch and count the number of beats in 15 seconds. Multiply that number by 4 to get your heart rate per minute.

Simple Ways to Fit in Fitness

You don't have to put a dollar in a piggy bank all at once. You can put in four quarters, and it's still the same amount. Similarly, you can break up physical activity into three to five 10- to 12-minute bouts a day.

"You do small changes over time," says *Heart-Healthy Living* advisory board member Barry A. Franklin, Ph.D.

Try the following mix-and-match caloric expenditures to reduce body weight and fat stores and boost heart health. Just be sure to consult your doctor before starting any exercise routine, and never do an exercise if it hurts. Stop exercising and seek medical attention if you experience chest pain or pressure, palpitations, or lightheadedness.

BREAK IT UP	LIVE INCONVENIENTLY
Small bursts count. "The latest research shows people who walk to the store, mow their yard, and do 10–15 minutes of chores may be just as fit and healthy as regimented exercisers," Franklin says.	**Return to life as we knew it in the '50s–'70s.** "We've engineered physical activity out of our lives and are now paying a terrible price with our health," says Franklin, also author of *Contemporary Diagnosis and Management in Cardiovascular Exercise* (Handbooks in Health Care, 2009).
Instead of taking a coffee break at work or one with friends, grab your coffee to go and take a 15-minute walk together.	
Take 10-minute hikes around the house or office after breakfast, lunch, and dinner. Now you've got 30 minutes already!	**Walk your supermarket perimeter** twice, and when you get home, take bags one by one from car to kitchen.
	Ignore the drive-through window at pharmacies, banks, and restaurants. Park your car in the far corner of the lot and walk.
Do sit-ups and leg lifts during TV commercials.	**Don't use all your modern conveniences,** including TV remotes (which 98 percent of us own) and phone extensions in every room.
Take more steps when you put away groceries. As you put cans away, spend a minute or two curling them with each arm, working your bicep muscles. A standard vegetable or soup can is a 1-pound weight.	Skip interoffice e-mail. "Do you really need to compose an e-mail to someone across the hall?" Franklin asks. "You'll burn calories by walking to their desk."

HOOF IT	CLEAN UP	HAVE FUN
Buy and wear a pedometer, tracking your steps or distance throughout the day. Studies show those who used a pedometer covered 2,500 steps more a day than those assigned to a walking program. That's more than a mile a day. Build up to 10,000 daily steps, which equals four miles.	**Spiff up your space** to clean up your coronary arteries. Raking leaves, clearing the garage, reorganizing files, washing your car by hand, mopping, vacuuming, and dusting not only keep your house clean but also keep you in shape.	**Get out and live life**—don't watch it on TV. Bowl or play Ping-Pong, tennis doubles, or golf (ideally without a cart). Ride a bike through your neighborhood. "It's a reasonable alternative to a structured exercise program," Franklin says.
Park the farthest from the door. "As a cardiologist at our hospital pointed out, by walking 6–8 minutes round-trip each day, he can lose 4–5 pounds a year," Franklin says.		**Next time you are standing in line, do 25 calf raises.** Just raise on your toes, focusing on squeezing your calf muscles, and bring your heels back to the floor.
	To find calorie-burning information on more than 200 activities, including common household chores, visit *nutristrategy.com*.	**Play lawn darts or croquet** with your kids or grandkids and burn 44 calories in 15 minutes.* **Go bowling for a half hour.** The movement will burn 105 calories.*
Shove chairs aside and sit atop a large fitness ball. You'll strengthen muscles in your torso and tummy and reduce back pain.	**Waltz from one end of the house to the other, dusting as you go** and burn 44 calories in 15 minutes.* **Get on your hands and knees** to scrub the floor. In one hour you can burn more than 350 calories.*	Get a pet. "People who own pets are healthier in part because they walk them," says Franklin, who takes his two miniature dachshunds, Luke and Cody, on 2-mile treks.
Get off elevators two floors before. "Studies consistently show that employees who use stairs show improvement in respiratory and cardiovascular health, weight loss, and decreased blood pressure and waist size," Franklin says.		**Golf nine holes**—carrying your bag—to burn another 194 calories every 30 minutes.* (hhl
Only talk on the phone when you are moving your body. Pace around the downstairs while you chat with family or friends or go up and down the steps, holding on to the bannister if needed.	"You can burn calories by washing, drying, and ironing clothes instead of taking them to the dry cleaner," Franklin says.	

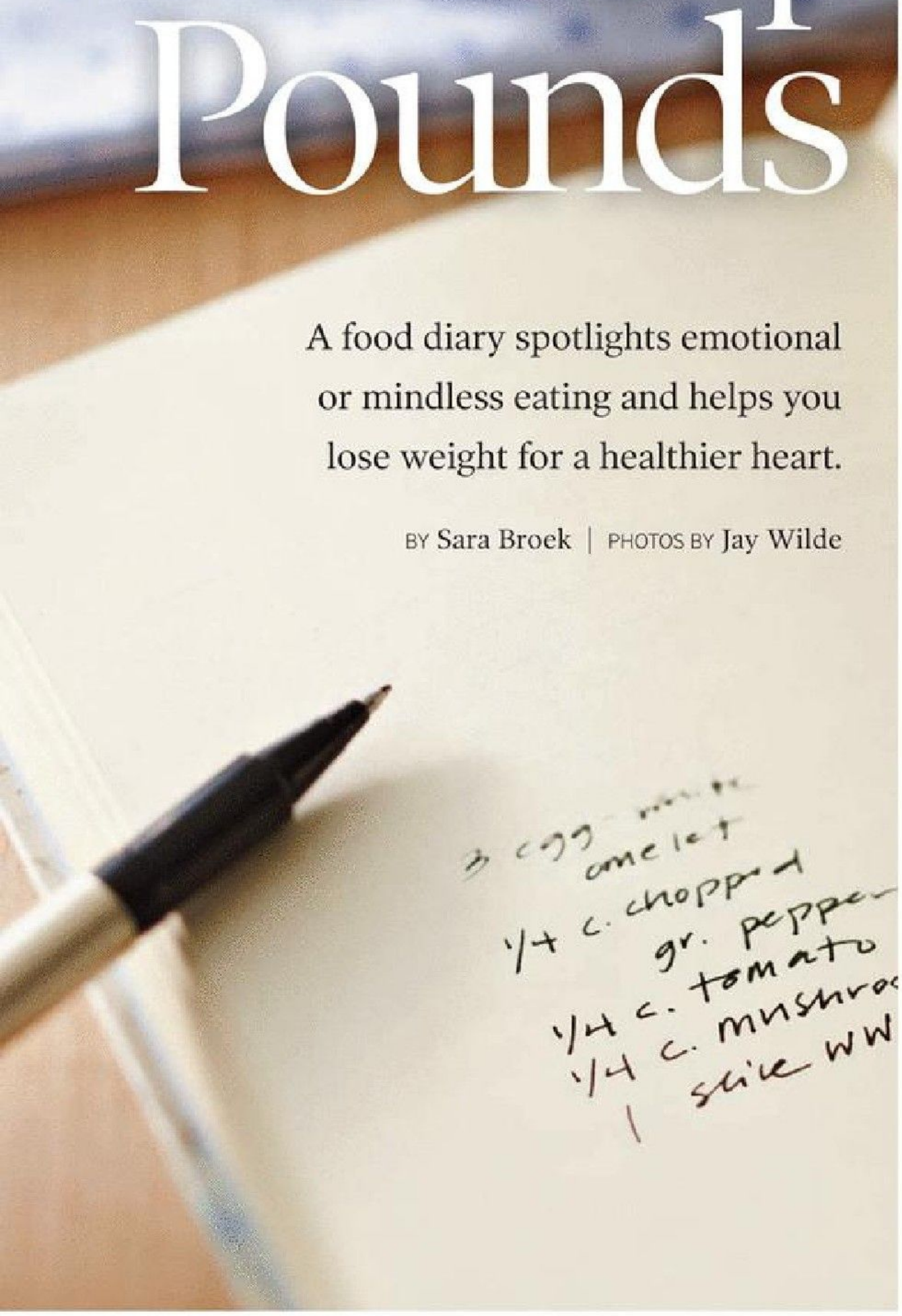
PHOTOS: MASTERFILE (*far left, opposite*), VEER (*left, opposite, and this page*).

* Calorie counts are for a 155-pound woman.

Write It Down to Drop Pounds

A food diary spotlights emotional or mindless eating and helps you lose weight for a healthier heart.

BY Sara Broek | PHOTOS BY Jay Wilde



A PEN AND PAPER can double your weight loss. Research says so.

A study in the *American Journal of Preventive Medicine* of 1,700 participants found that those who jotted down what they ate six days a week lost twice as much as those who journaled one day a week or less.

Losing weight decreases your risk for heart disease by warding off high cholesterol and blood pressure. One of the best ways to get started on your journey to a lighter, healthier you is to show your physician a record of what you eat.

"Food journaling causes you to think twice before eating. It also uncovers patterns, such as eating when stressed, which allows you to create a healthful way to avoid them," says Julia Zumpano, R.D., at the Cleveland Clinic.

Try these four simple steps to start a food diary of your own.

Step 1: Get a reality check

Recognizing eating habits now will help you better understand what issues you need to address. To start your food diary, grab a clean notebook and, to help gauge portions, measuring cups and a food scale.

During the first week, keep a record of everything you eat and drink without making significant changes in diet or exercise. You may be unaware of how much you're consuming—a taste here, a handful there;

> List the time when you eat. This can show you if you tend to skip meals, eat too little, or eat too much at certain times.

Continued on page 50

3 Weight Loss Tips

Judith Beck, Ph.D., director of the Beck Institute for Cognitive Therapy and Research, offers these tips:

TIP 1 Enjoy a small amount of your favorite food occasionally to keep yourself from feeling deprived.

advertisement

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WomenHeart, The National Coalition for Women with Heart Disease is the nation's only patient advocacy organization serving the 42 million American women living with or at risk for heart disease — the number one killer of women. WomenHeart is solely devoted to advancing women's heart health through advocacy, education, and support in its commitment to helping women live longer, healthier lives. For more information and to get your free heart health action kit, visit womenheart.org/kit.

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WomenHeart www.womenheart.org

Continued from page 48

this helps you see actual food intake.

Note not just what you're eating but how much, when, and how you feel at the time —hungry, stressed, lonely, etc. Be honest.

"Honesty is essential," Zumpano says. "It's the most important thing but also the most difficult. You won't benefit from tweaking [the entries] because then you're justifying your poor actions by not addressing them."

After a week, study the journal. If you can, work with a dietitian to identify eating habits, what changes you want to make, what can be cut, and what needs to stay.

"Sometimes clients think I want to see their food diary with no fat or sweets; nothing could be further from the truth," says Amy Jamieson-Petonic, R.D., and a spokesperson for the American Dietetic Association. "I try to help find ways to fit these foods into a healthy nutrition plan. Not having a true picture of a patient's eating habits hinders my ability to help set realistic heart-healthy goals."

Step 2: Recognize bad habits

Do you eat when you're feeling down? Is chocolate your food of choice when you're stressed at work? Do you taste too often while cooking?

Keeping a food diary can help uncover a slew of eating habits such as eating mindlessly, supersizing portions, or eating when a certain mood strikes.

"Emotional eating is a concern for many people," says Judith Beck, Ph.D., director of Beck Institute for Cognitive Therapy and Research outside Philadelphia.

"People with weight problems often label feelings like anger or stress as hunger. They eat instead of using coping strategies, such as solving the problems that upset them, talking to a friend, or going for a walk."

> A registered dietitian can help you design the best journal for you. Or you can make your own. Just be honest when filling it out.

Step 3: Make small changes

Small changes can lead to big results. Some weight loss strategies to try include eating breakfast every day, choosing raw vegetables and fruits, controlling portion sizes, and walking 150–300 minutes a week.

Write down your weight (just for you—you don't have to share it with anyone) so you can see how these changes affect the number on the scale.

Step 4: Stay on track

If you feel you're slipping, think of this example from Jamieson-Petonic: "If you run a red light and got a ticket, you wouldn't say, 'Oh well. I'll start driving better tomorrow.'" Simply put, don't compound one mistake with another.

A diary is meant as positive reinforcement throughout your life, but don't think you have to commit to years of diary scribbles.

"I usually have patients record for a month," Zumpano says. "It can become tedious, but the learning is irreplaceable." After a month, make a note on your calendar to do it three or four days every other week to keep you on track. *hhl*

TIP 2 Polish your nails, do a puzzle, surf the Web, or read a book if you have a strong desire to eat and it's not time.

TIP 3 Write a list of your reasons for losing weight. Read it out loud every morning and whenever you get a craving.

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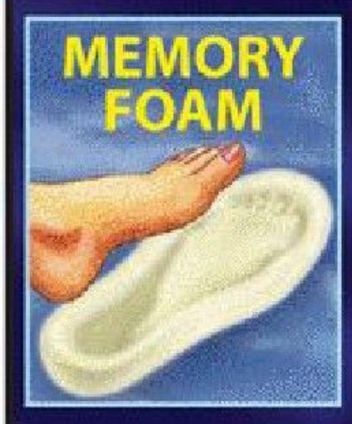

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Core

A TIGHTER TUMMY LOOKS NICE, but a strong core can help your entire body as you age. Your core—the muscles in your back, pelvis, hips, and abdomen—supports your spine and keeps your body stable and balanced. A stronger core makes any physical activity easier to do.

To strengthen your core, you need to exercise its major muscles. They are:

- **Transversus abdominis.** This deep muscle acts like a weight belt, wrapping around your spine for protection.
- **External obliques**. These are on your sides and in front of your abdomen.
- **Internal obliques.** These muscles lie under the external obliques, running in the opposite direction.
- **The rectus abdominis.** This muscle extends along the front of your abdomen. It's the "six-pack" that becomes visible with reduced body fat (and great genes!).

The exercises on the following pages target all your major core muscles.

Moves Anyone Can Do

A strong midsection improves your balance and stability. It also can reduce back pain and reduce your odds of having a muscle injury. All you need is a yoga mat and the floor!

BY Irene Lewis-McCormick, M.S. | PHOTOS BY Blaine Moats

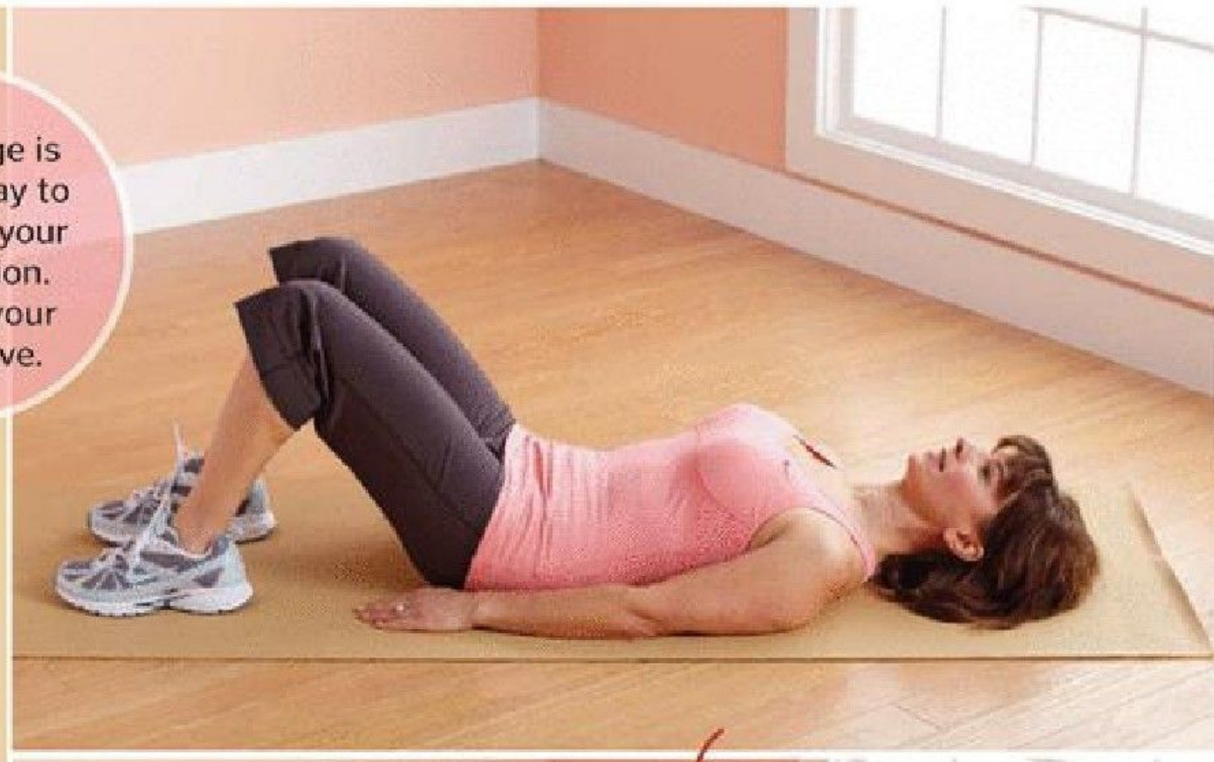
1

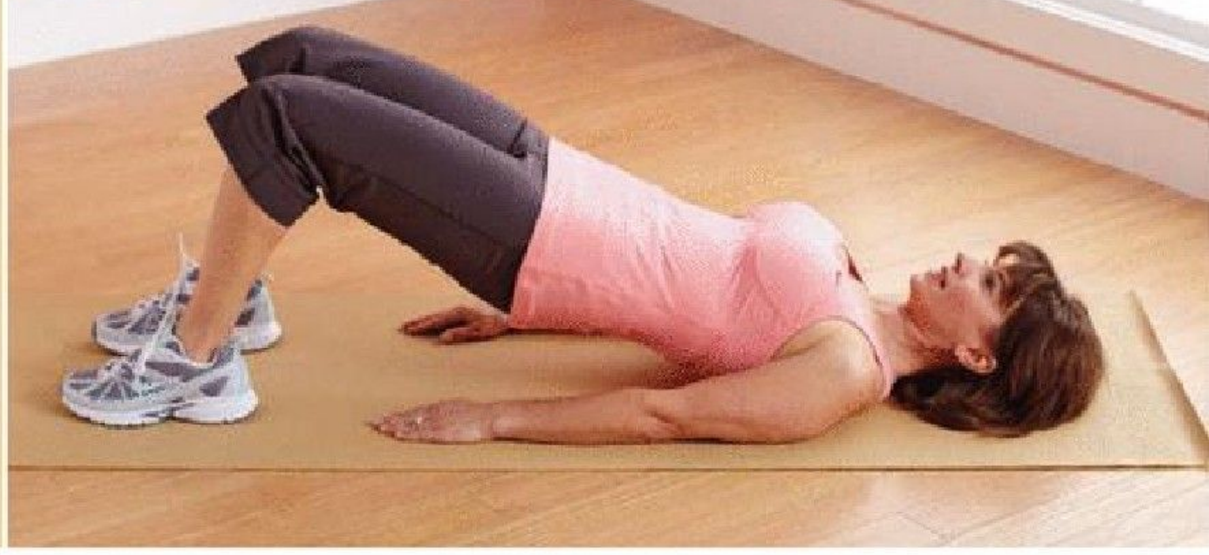
The Bridge

The bridge is a good way to warm up your midsection. Make it your first move.

Step 1: Lie on your back with your feet hip-width apart and knees flexed, hands by your sides.

Step 2: Starting at the base of your spine, begin peeling your spine off the mat one vertebra at a time, until your spine is lifted in a straight line from your shoulders to your knees. Then lower yourself, paying attention to rolling through the small of your back, touching down one vertebra at a time. Inhale as you raise your spine and exhale as you lower.





2

Quadruple Spinal Balance

Step 1: Kneel on your mat with your hands directly under your shoulders and your knees under your hips. Align your head with your spine.

Step 2: Contract your abdominals and lift one leg behind you to hip height. When you have your balance, lift the opposite arm forward to shoulder height. Hold for 1 second, then switch sides and repeat. Alternate sides until you complete 5 repetitions.

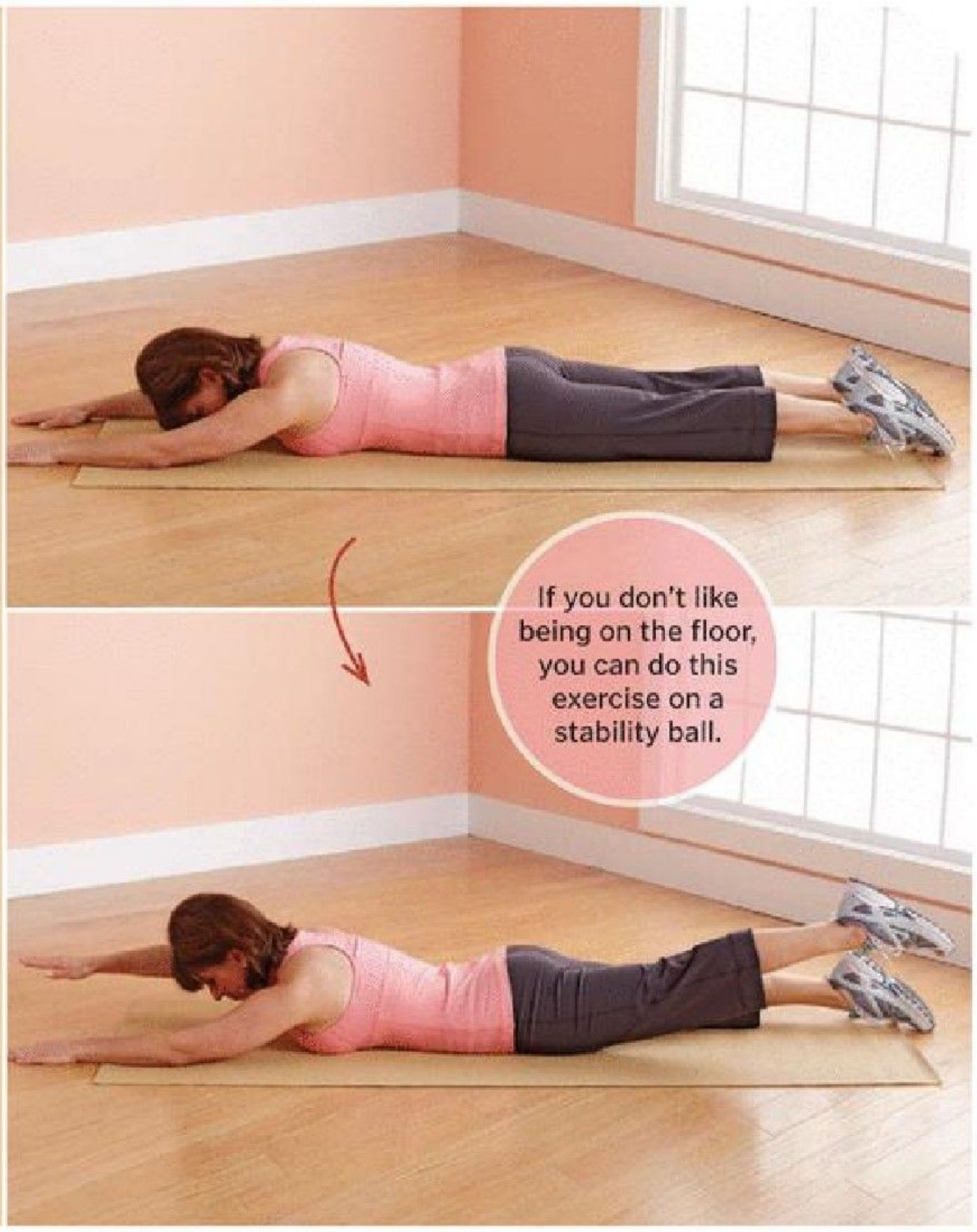
FYI

A University of Illinois study suggests that moderate amounts of exercise alone can reduce the inflammation in visceral or belly fat that has been linked with metabolic syndrome, a group of risk factors that predict heart disease and type 2 diabetes.

3 Single Arm & Leg Raise

Step 1: Lie facedown on your mat to ensure proper alignment with your head and neck. Extend both arms with palms down, extending through the torso.

Step 2: Lift one arm and the opposite leg about 3–6 inches off the floor. Pull your abdominal muscles in while performing this exercise. Hold for 1 second, then slowly lower your limbs. Repeat on the opposite side, alternating until you complete 5 repetitions.



4 Prone Plank

Step 1: Lie facedown on a mat with your arms bent, elbows under your shoulders. Tighten the abdominal wall to maintain a strong low back and lift your hips and torso off the floor. Create a straight line from your knees to shoulders, spine straight in neutral alignment.

Step 2: Hold for 10 seconds and repeat 3 times. Try and work up to 30 seconds.

Advanced option: For full plank pose, place your hands on the floor and extend your arms. Maintain length in your neck by keeping your nose down.

FYI

Take a break when you need one and work your core muscles every other day. Muscles that are worked to fatigue need at least one day to recover.

5 Side Plank

Step 1: Lie on one side propped up on your forearm with your knees bent behind you. Make sure your supporting elbow is under your shoulder and in line with hips and knees. Rest your top arm along your side (or you can use it for additional support).

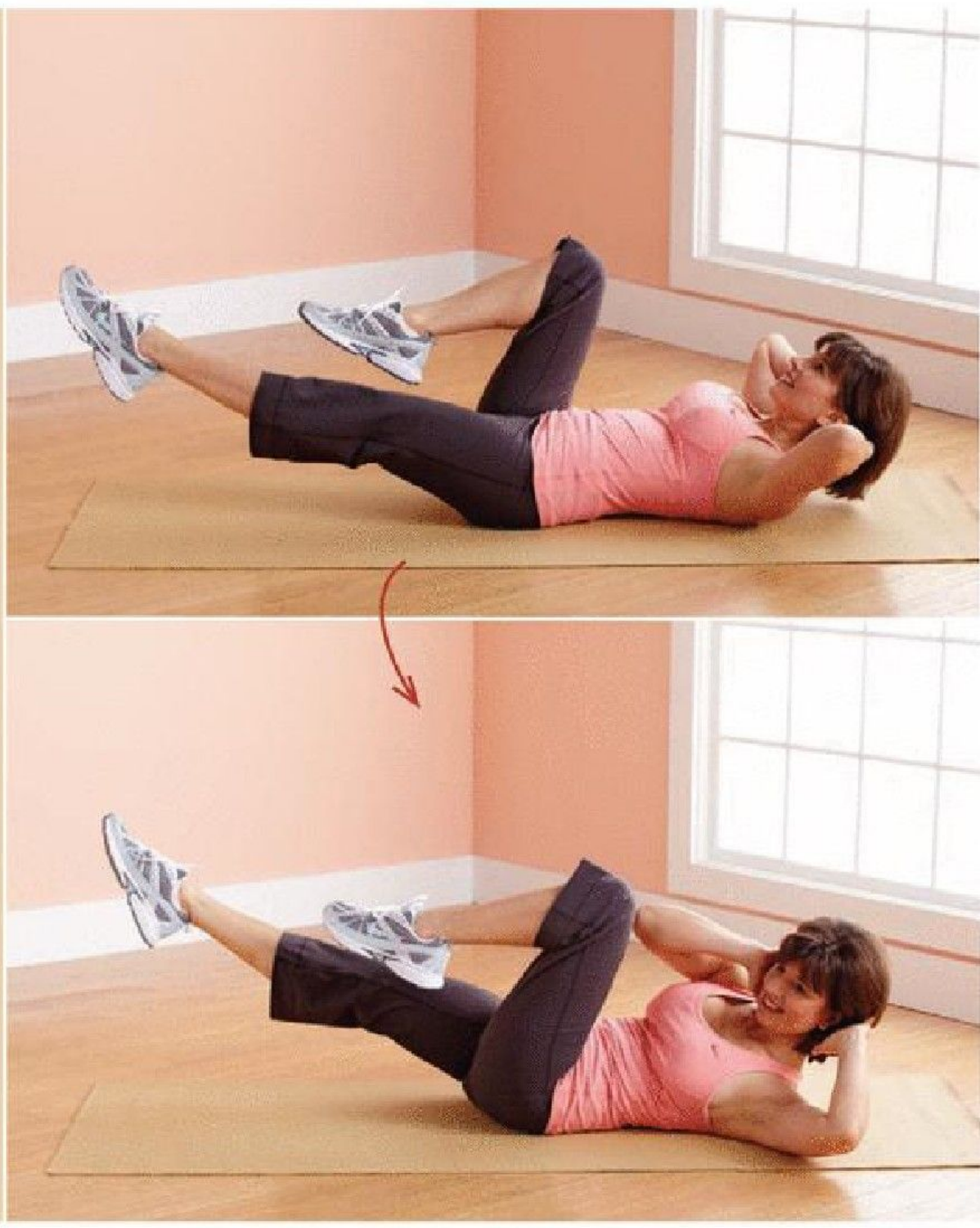
Step 2: Contract your abdominals and exhale as you push up onto the supporting elbow, lifting your hips off the ground. Keep your rib cage lifted and your shoulder down. Hold for 10–30 seconds. Repeat on the other side.

Advanced option: Hold yourself up with your hand palm down and arm extended.

6 Bicycle Crunch

Step 1: Lie flat on the floor with your lower back pressed to the ground. Place your fingertips onto each side of your head, just near the ears. Bring your knees up to a 45-degree angle.

Step 2: Slowly go through a bicycle pedal motion while simultaneously touching your elbow to your opposite knee (touch your left elbow to your right knee, then your right elbow to your left knee). Focus on rotation of the torso, like wringing out a wet rag. Be sure to breathe evenly throughout the exercise.



EXPERTS

Fitness expert Gin Miller says the bicycle exercise is most effective if you keep your chin a fist's distance from the chest, elbows wide, and rest your head in your hands rather than pulling on the neck.

7 Alternating Knee Extension

Step 1: Lie on your back on the mat with your hips and knees bent at a 90-degree angle. With your hands by your sides, press the palms of your hands into the floor to stabilize your shoulder blades.

Step 2: Keep your back low and extend your right leg as close to the floor as possible without arching your back while bringing your left knee in closer to your chest. Pause, then slowly return to the start position and repeat, alternating each leg for 10 repetitions.

8 Child's Pose

Step 1: Get on your hands and knees and sit back with your hips over your heels.

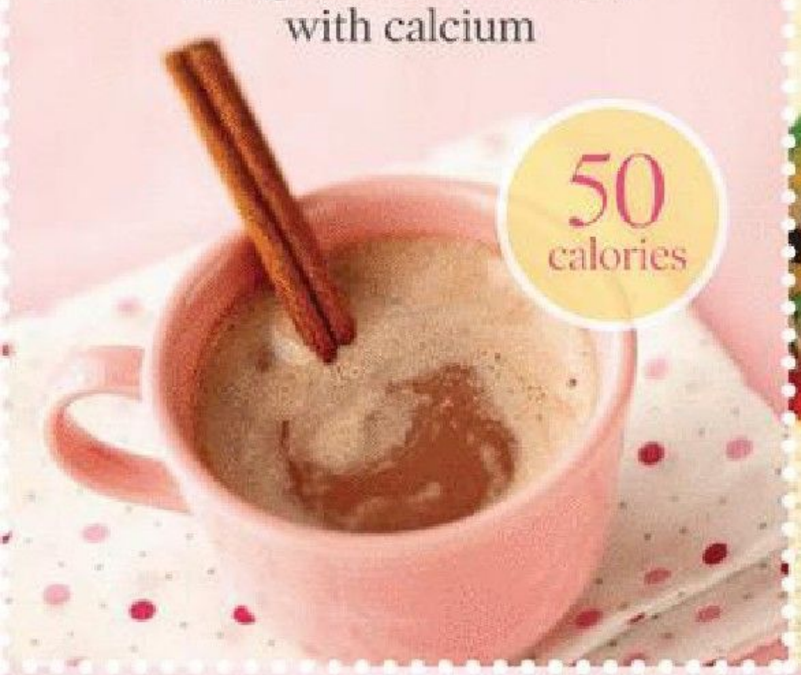
Step 2: Reach your arms forward, on the floor in front of your head. Reach your fingers forward and place your head between your elbows with your forehead resting on the mat. Hold for 20–30 seconds, feeling a good stretch in your shoulders, sides, and lower back. *hhl*

Treats Under 50 Calories

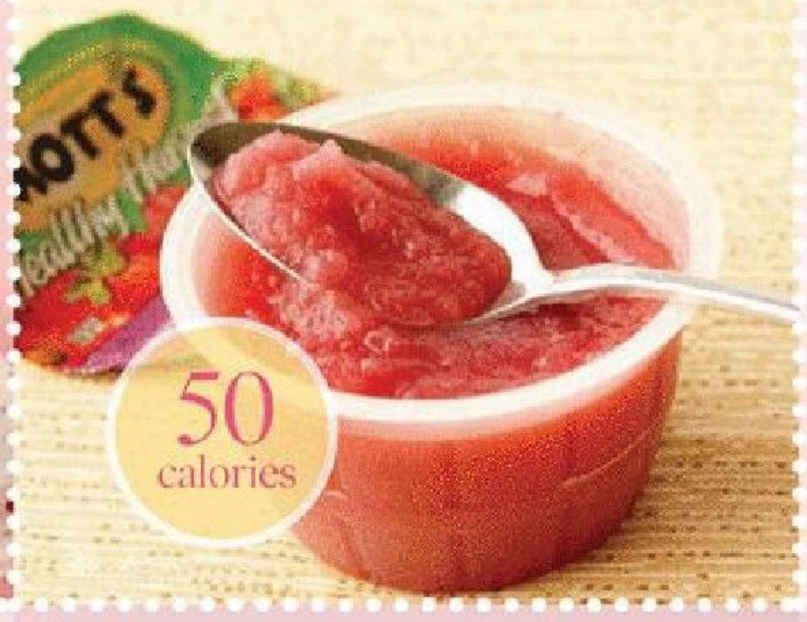
Sometimes you just want a taste of something sweet. You don't have to give that up to be heart-healthy, but do make sure you stay within your daily calorie budget. These sweet snacks all have nutritional value and are less than 50 calories each.

REVIEWED BY Elizabeth Burt, MPH, R.D., L.D.
PHOTOS BY Jason Donnelly
FOOD STYLING BY Alexis West Huntoon

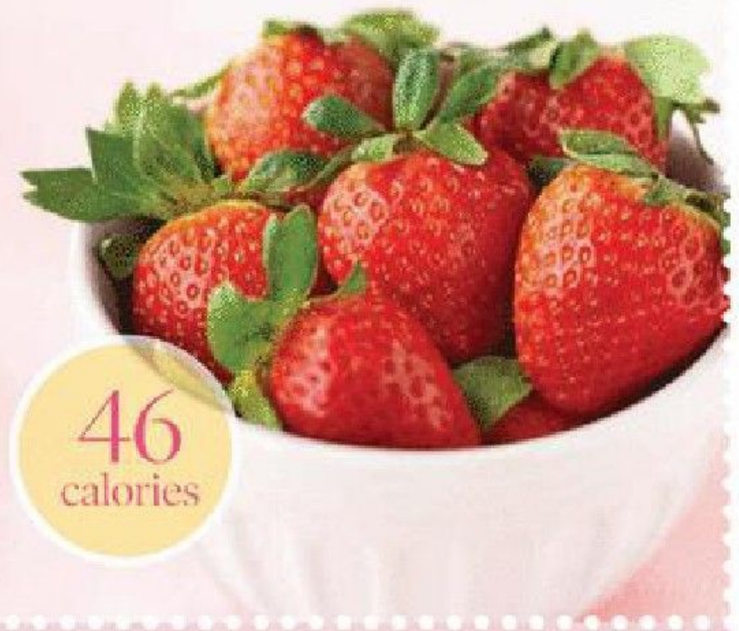
1 mug fat-free hot cocoa with calcium



1 snack cup of no-sugar-added applesauce



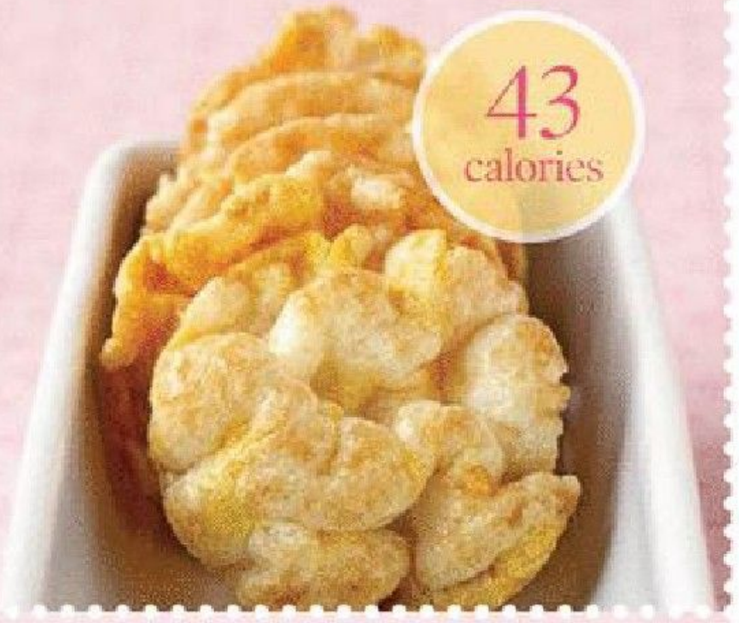
8 ripe, juicy strawberries



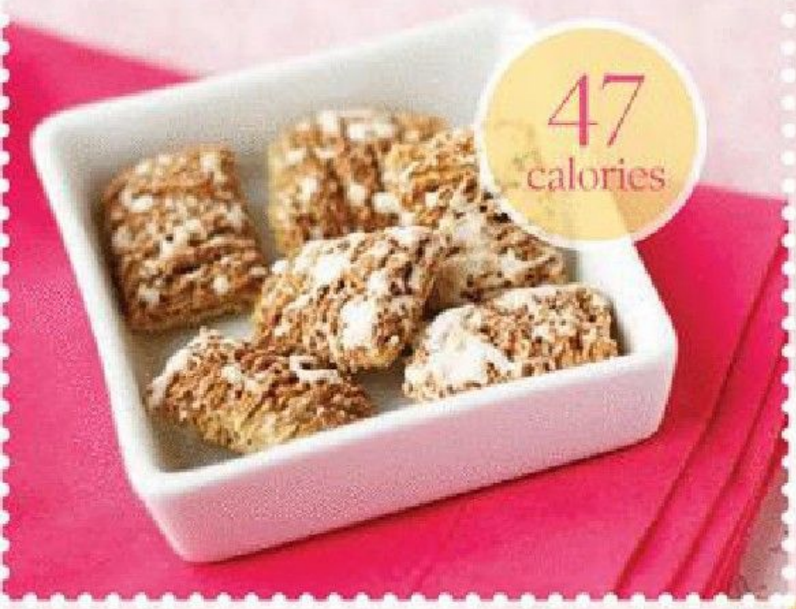
1 Edy's All Natural Fruit Bar

Tea with sugar substitute

5 caramel corn rice snacks

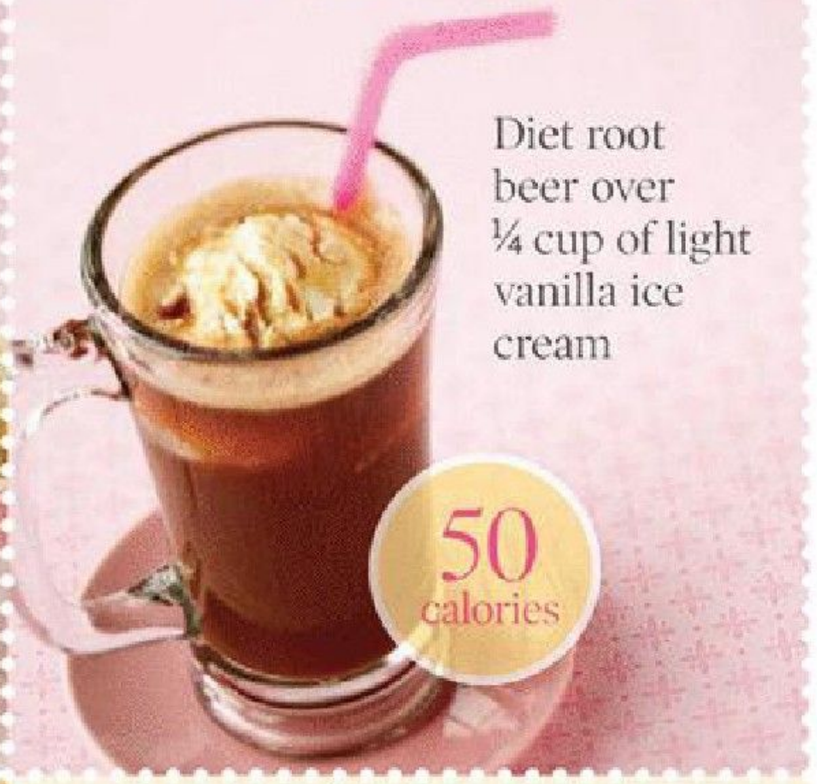


6 Bite Size Frosted Mini Wheats

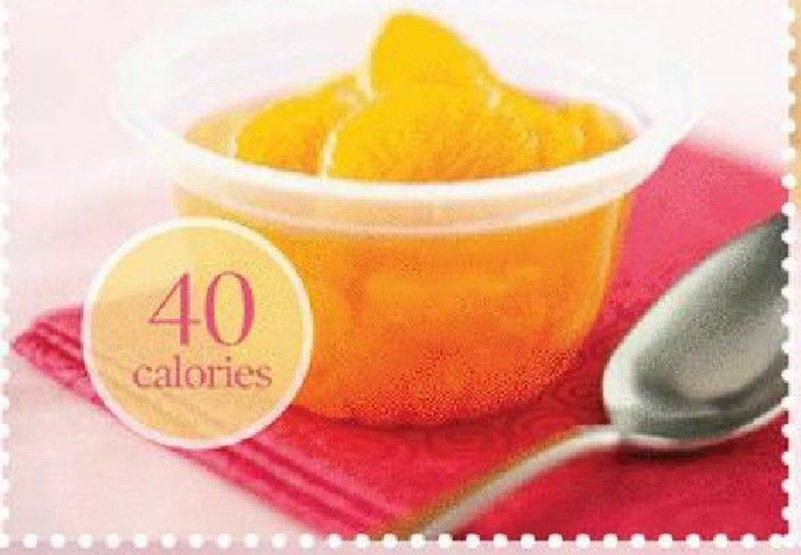


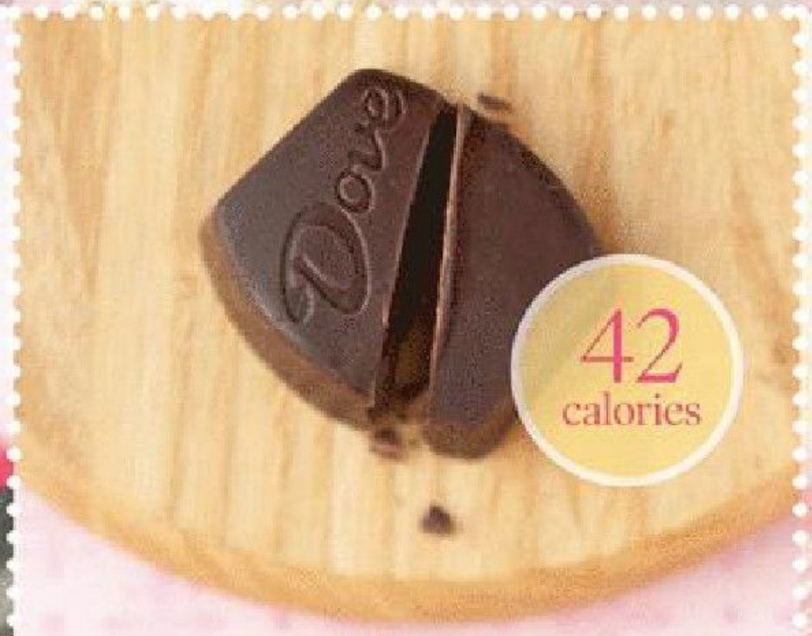
3 cups of Smart Pop Kettle Korn

Diet root beer over ¼ cup of light vanilla ice cream



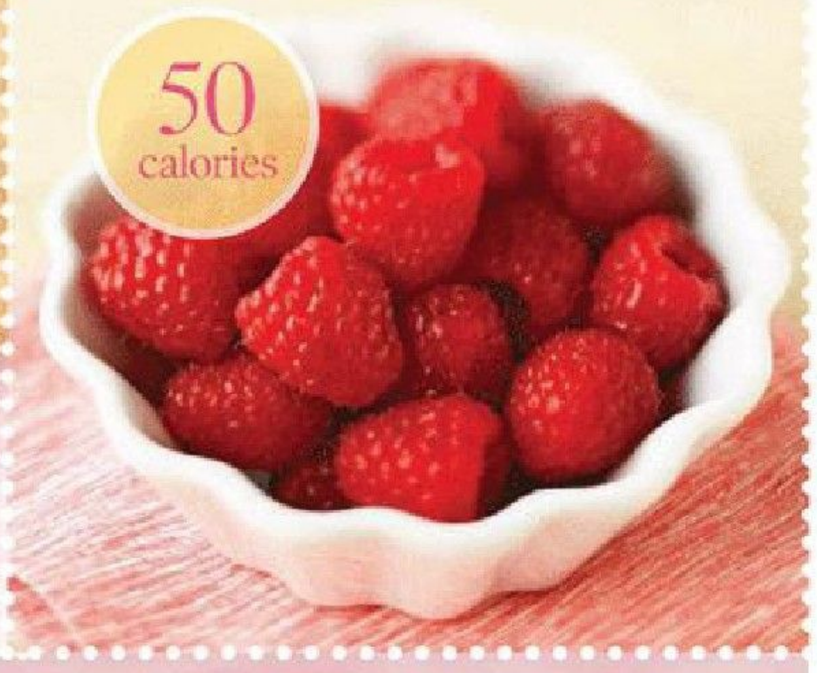
1 snack pack of no-sugar-added mandarin oranges





One dark Dove Chocolate Miniature

¼ cup of fresh raspberries



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Smart Shopper's Guide

Before you shop, take a few minutes to be sure you are getting the healthiest foods possible to fight heart disease. Just follow our four steps:

1. Make a list.
2. Read labels.
3. Check out the nutrition facts.
4. Navigate the store.

Grocery shopping can be good for you!

BY Mindy Hermann, R.D.
ILLUSTRATIONS BY Jodi Mensing Harris

1 Make a list

Get organized! You've heard it before, but writing a list helps you make the most of your shopping time. Pick some low-fat, low-sodium recipes you'd like to cook this week, looking for ones that use similar ingredients but have enough variety that you don't eat the same thing every night.

Compile a final list of ingredients, adding food for lunch, breakfast, and snacks. Finally, add staple items to restock your pantry.

2 Read labels

Food packages are allowed to display only a handful of nutrition claims. Because there are no regulations on the placement, size, or color of the claim, comparing products can be difficult—until you check out our cheat sheet.

"No"
Food contains no amount or trivial amounts of a nutrient. Other terms: free, without, zero

"Low"
Food doesn't easily exceed the dietary guideline. Other terms: low source of, few, little, contains a small amount of

"Reduced"
Different from the regular food; contains at least 25 percent less of a nutrient or of calories.

"Lower"
Contains 25 percent less of a nutrient or of calories than the regular version. Other terms: less, fewer

"Excellent source of"
One serving provides 20 percent or more of the daily value for that nutrient. Other terms: high in, rich in

"Good source of"
One serving of that food provides 10–19 percent of the daily value for that nutrient.

Vitamins and minerals are important, too. Scan the bottom section of the label for these added benefits.

3 Check out the nutrition facts

Ever find your eyes getting fuzzy while staring at the nutrition facts panel? You're not alone. Focus on these six sections, which are the most important as you try to lose weight and eat healthfully.

Serving size: Shows a typical portion; all nutrition information on the label is based on this amount.

Servings per container: This can be a diet-saver: A food or beverage that looks like a single serving may not be. Double-check what you're consuming compared to this.

Calories: Compare this number to the number of calories you're trying to eat for the day or to the typical 2,000-calorie American diet.

Total fat: At 9 calories per gram, fat is more calorie-dense than carbohydrate or protein. A food that's high in fat is likely high in calories, unless the portion size is small.

Dietary fiber: Fiber is filling, boosts intestinal health, and helps maintain healthy blood cholesterol levels. Most people don't get enough fiber.

Sugars: Compare the grams of sugars to the total carbohydrate grams. The higher the sugar grams, the more sugar that has been added during processing. This number, however, is somewhat deceptive because it includes naturally occurring sugars, such as lactose in milk and fructose in fruits and some vegetables.

Nutrition Facts

Serving Size 1 cup

Servings Per Container 6

Amount Per Serving		
Calories 110	Calories from Fat 10	
		% Daily Value*
Total Fat	1g	**2%**
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	**0%**
Sodium	210mg	**9%**
Total Carbohydrate	20g	7%
Dietary Fiber	3g	12%
Insoluble Fiber	2g	
Soluble Fiber	2g	
Sugars	4g	
Sugar Alcohols	0g	
Protein	5g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 8%	•	Iron 6%
Thiamin 4%	•	Riboflavin 2%
Niacin 6%	•	Folic Acid 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

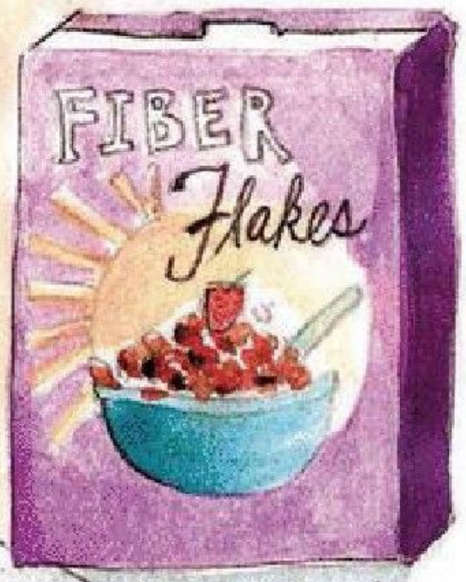
4 Navigate the store

These 10 stops ensure you'll get the most nutritional bang for your buck while you steer through the supermarket.

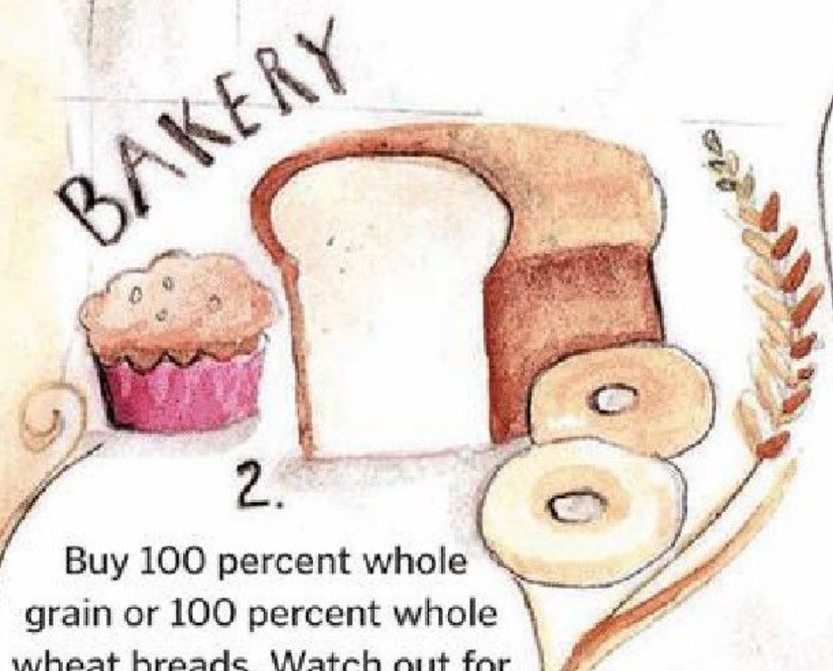
1.
Load up on produce! Buy it whole, in time-saving precut bags, or in small amounts from the salad bar.

Keep this map handy for a quick reference as you walk the store.

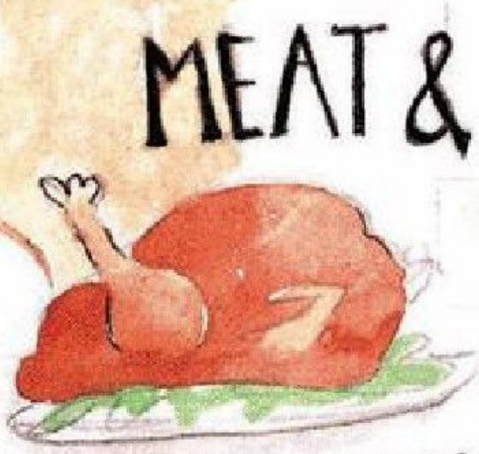
5.
Add flavor for few calories: salsa on lean hamburger; Indian and Thai seasonings on chicken.



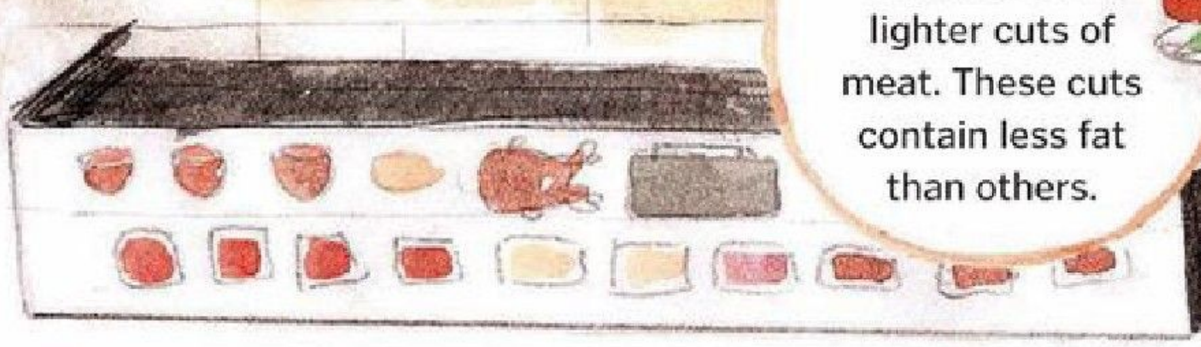
4.
Pick cereals high in whole grains and/or bran, with at least 5 grams of fiber per serving. Stay under 200 calories per serving.



2.
Buy 100 percent whole grain or 100 percent whole wheat breads. Watch out for bakery muffins; they can be loaded with unhealthful saturated fat.



3.
Round, loin, and tenderloin are lighter cuts of meat. These cuts contain less fat than others.



Be sure to bring your own reusable grocery bags.

$ CHECKOUT

SPICES

oregano

basil

6.
Bypass sodium with the many calorie-free spices and salt-free seasonings available. Be adventurous!

7.
Canned fruits in water or juice and low-sodium veggies are just as nutritious as fresh. Rinse and drain them first.

PEARS
PEARS
CORN
CORN
BEANS
BEANS
BEANS
BEANS

CANNED GOODS

9.
Look for "no-salt added" or "low sodium" on the package. Avoid frozen foods with sauces because they contain more fat and sodium.

green PEAS
QUICK MEAL

FROZEN FOODS

MILK

10.
Shop for low-fat dairy products. Dairy foods and beverages with butterfat or lots of sweetening are highest in calories.

Dairy

8.
Many fish are heart-healthy and very low in fat. When buying frozen fish, avoid breading and butter sauces.

SEAFOOD

10 Ways to Save on your grocery bill

Summer is a great time to trim food costs with all the fresh produce available. Here are some simple ways to save.

BY Samantha Heller, R.D. | PHOTOS BY Scott Little
FOOD STYLING BY Nicole Faber-Peterson | PROP STYLING BY Sue Mitchell

THE MONTHLY GROCERY BILL is a major expenditure for most families, and heart-healthy foods seem extra costly. Yet with some planning you can cut costs and still serve healthful foods.

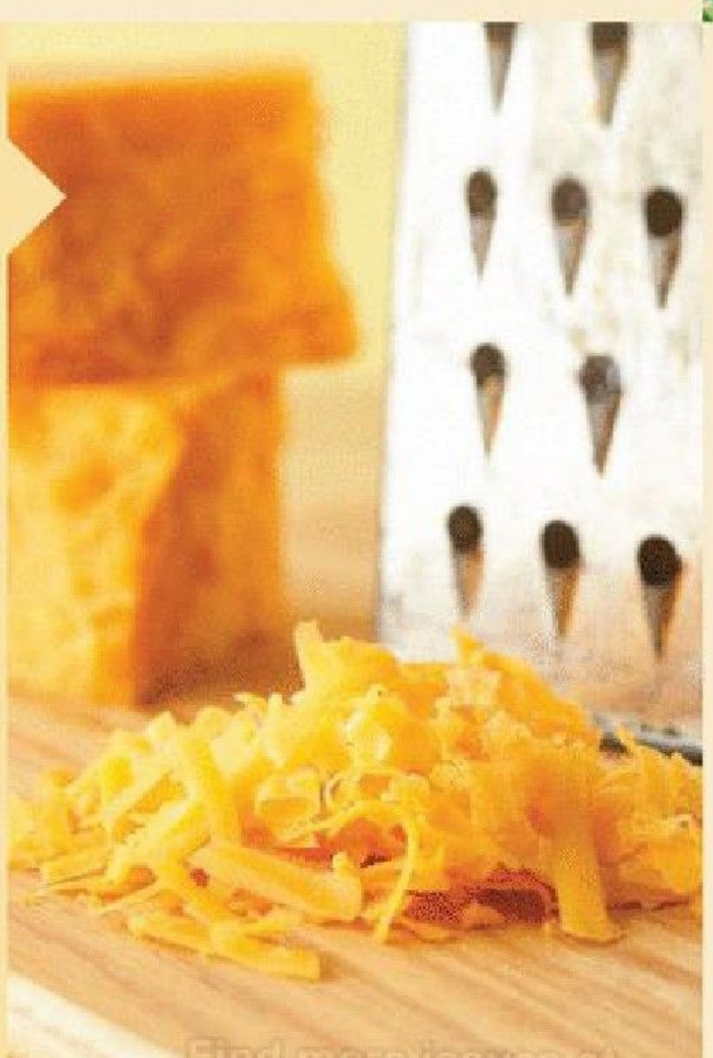
One affordable way to get fresh fruits and vegetables in the summer is to join a CSA—community-supported agriculture. Members purchase either half or whole shares. In turn they receive a weekly box of seasonal crops from the farm. (The produce is delivered or you pick it up at a predetermined location.)

Investigate what your CSA will offer each week to be sure it is right for you. If deliveries are too large, split the cost and the goods with a friend. For more information about CSAs, go to *localharvest.org*.

Here are 10 other easy ways to trim monthly grocery expenses:

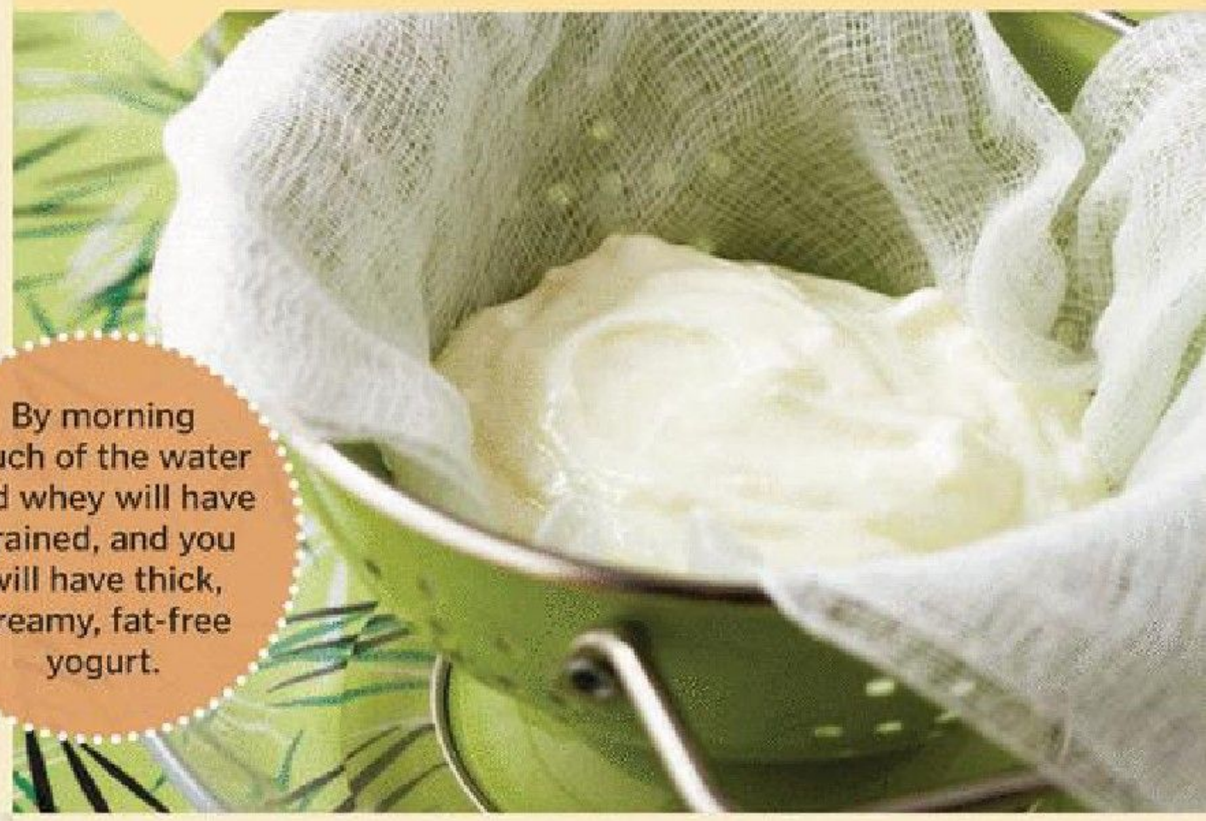
1

Check your pantry and refrigerator. You want a kitchen stocked with healthful foods but not in such large quantities that they go bad. Take inventory of what you have, plan for a week of meals, and make a list. Stick to it but don't let it stop you if you find a good sale.



2

Make Greek yogurt. Put plain nonfat yogurt in a colander lined with cheesecloth. Place the colander over a bowl and fill with yogurt. Cover and refrigerate overnight.



By morning much of the water and whey will have drained, and you will have thick, creamy, fat-free yogurt.

3

Buy store brands. The Private Label Manufacturers Association in the United States determined that shoppers can slash their grocery bill up to 30 percent by purchasing store brands.

4 **Puree fruit**. To use fruits that are just a bit past their prime, pare any blemishes and puree them to use in smoothies or as a dessert topping.

Check out recipes for sensational summer smoothies on page 92.

5 **Roll up your sleeves.** Skip shredded cheese, prewashed lettuce, and containers of egg whites, and make your own. You can cut, debone, and remove skin (and fat) from chicken to save money. Whole chickens cost less than chicken pieces.

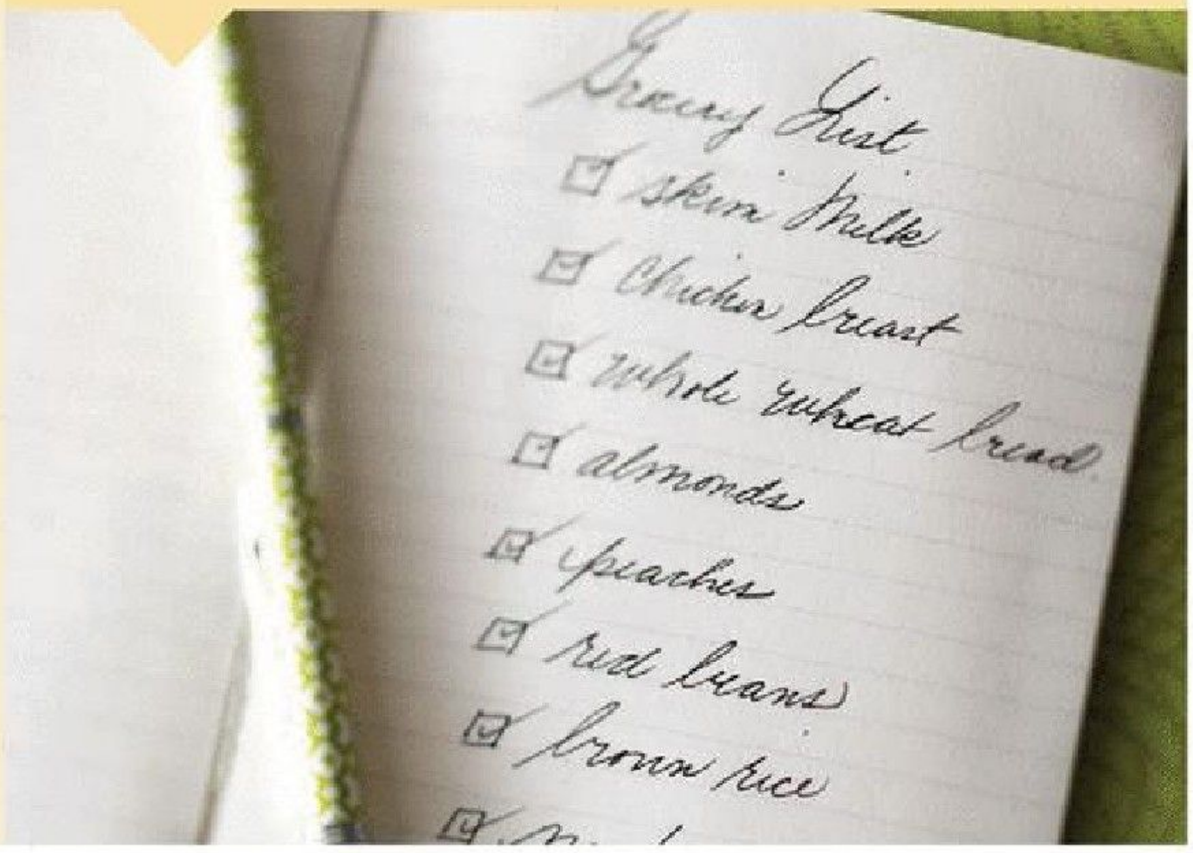
6 **Shop around.** Many of us avoid independent grocery stores and food shops because we think they are too pricey. "Independent stores have the advantage of being competitive with their prices, while the chain stores often print their circulars and coupons weeks in advance," says Nancy Dolnier of the Village Market in Wilton, Connecticut.

7 **Consider frozen food.** Frozen vegetables are cheap and pack a nutritious punch at a good price. Look for veggies that are plain—frozen without added sauces, sodium, or fats.

8 **Look in the bin.** Buy whole grains, nuts, and dried fruits from a bin. A pound of brand-name quinoa can cost $5. Quinoa from a bin can be as much as $2 less per pound.

9 **Eat more beans.** Beans are high in fiber, protein, and antioxidants and low in calories. Buy them dry (soak them overnight) or canned (rinse them to reduce sodium).

10 **Plan your meals in advance.** It's easier to stick to a healthful menu, and you only have to shop once a week.



The Dirty Dozen

We'd all love to eliminate pesticides from our food supply, but it's not realistic or affordable for most people to buy only organic produce. The Environmental Working Group in Washington, D.C., says the produce listed below contain the most pesticides:

- Peaches
- Apples
- Sweet peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Kale
- Lettuce
- Grapes (imported)
- Carrots
- Pears

Healthy

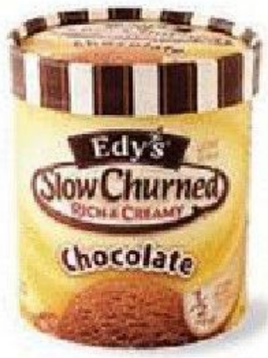
PHOTO BY BLAINE MOATS. FOOD STYLING BY GREG LUNA.

Eating

Finally, the summer sun is shining. One thing that means: a bounty of fresh produce! This season, add plenty of peaches and apricots to your diet. They're perfectly portioned and an easy on-the-go snack. See page 72 for tasty recipe ideas.

55 recipes = meals hot off the grill + fresh sandwiches + refreshing smoothies + more!

< Fiber boost
Enjoy this grilled taco recipe and you'll get half of the recommended fiber grams for the day, page 95.



< Cool off
Get the inside scoop on light and tasty ice cream and sorbet options, including dairy-free, page 84.

< Our pick
We suggest Buitoni Whole Wheat Four Cheese Ravioli for the quick pasta dish on page 103.

Scents *of* Summer

Take in the sweet smell of peaches and apricots this summer. They're an indulgence that may help your heart, slim your waistline—and treat your taste buds.

BY Marsha McCulloch, M.S., R.D., L.D. | RECIPES BY Elizabeth Burt, M.P.H., R.D., L.D.
PHOTOS BY Scott Little & Blaine Moats | FOOD STYLING BY Nicole Faber Peterson, Dianna Nolin & Greg Luna

Peach-Blueberry Cobbler
Recipe on page 105

ON A WARM SUMMER DAY, it doesn't get any better than biting into a fragrant, ripe peach or apricot from a roadside stand or farmer's market. As the sweet juice drips down your chin with each melt-in-your-mouth bite, it's easy to find yourself reminiscing about the carefree summers of your youth. Although these stone fruits—defined by the pit in the center—aren't referred to in the realm of "superfruits" such as blueberries or exotic specialties such as pomegranates, they have a lot to offer your heart.

Stone fruits' sweet benefits

You may eat peaches and apricots simply because they're tasty, but they also may help:

- **Flatten your belly:** Research shows swapping less nutritious carbohydrate sources for calorie-wise produce, such as peaches and apricots, is linked with a trimmer waistline.
- **Lower heart disease risk:** Apricots and peaches are rich in antioxidants associated with preventing heart disease. But eat the peel (after washing) if you can. Many of the antioxidants are in the skin, says tree fruit specialist Desmond Layne, Ph.D., at Clemson University in Clemson, South Carolina.
- **Decrease blood pressure:** Peaches and apricots provide potassium, which is linked with lower blood pressure. Plus, carotenoids such as beta-carotene (vitamin A) in these fruits have been linked with lower risk of developing hypertension.

Getting a taste of nostalgia

Different peach and apricot varieties are harvested throughout the season, and every variety has a different flavor profile. For example, apricots at the start of the season are a bit more tart than fruit picked toward the end of the season, says Bill Ferriera, president of Apricot Producers of California. Try fruit over the course of the season to find your favorite. Enjoy them in our recipes, too.

What's in my fruit?

The golden color of peaches and apricots hints at their vitamin A. They're also one of the few low-fat sources of vitamin E.

NUTRITION FACTS*	PEACH	APRICOT
Calories	58	17
Carbohydrate	14 g	4 g
Fiber	2 g	1 g
Potassium	285 mg	91 mg
Vitamin A	489 IU	674 IU
Vitamin C	10 mg	3.5 mg
Vitamin E	1.5 IU	0.5 IU

* Per one medium fruit.

Stone fruit savvy

Shop in season: Buy fresh apricots May–August and fresh peaches May to mid-September. Varieties sold midseason are often the most flavorful.

Know the source: Fruit shipped long distances (such as imported from Chile) is typically picked less mature and may not be as flavorful.

Yield a little: Fruit that gives to gentle pressure along the seam is ready to eat.

Avoid green: Opt for fragrant fruit with a yellow or orange cast. Red blush on a peach differs with the variety.

Ripen at room temperature: If not quite ripe, place fruit in a brown paper bag for 2–3 days. Avoid refrigerating until ripe.

Freeze for later: Sprinkle peeled peach slices with Fruit Fresh, then lay them on waxed paper on a cookie sheet to freeze. Transfer to a freezer bag later.

FYI

Some peach varieties have more fuzz than others. After peaches are picked, they're washed and brushed to remove fuzz. They're also waxed to reduce moisture loss, says Desmond Layne, Ph.D., of Clemson University in Clemson, South Carolina. A nectarine is a fuzzless peach, resulting from a natural genetic mutation.

Apricot-Glazed Pork Chop Skillet

(right) Start to finish: 25 minutes | Makes 4 servings
Serving size: 3 ounces cooked meat, ½ of an apricot, and 1 tablespoon sauce

- **1 pound boneless pork sirloin chops, cut ½ inch thick**
- **1 tablespoon olive oil**
- **2 medium apricots, cut into thin wedges**
- **1 teaspoon snipped fresh rosemary**
- **¼ cup reduced-sodium chicken broth**
- **2 tablespoons orange juice**
- **1 tablespoon reduced-sodium teriyaki sauce**
- **1 tablespoon apricot spreadable fruit**

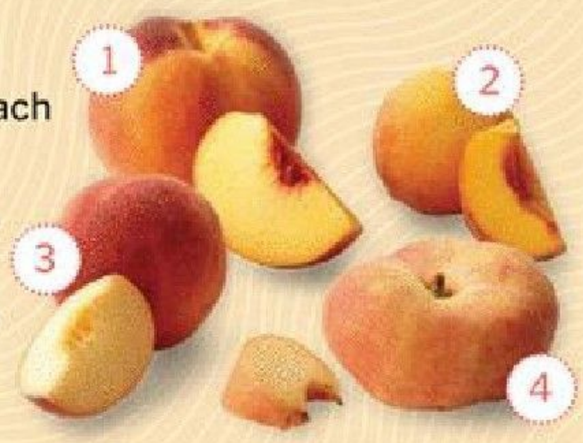
1. Trim fat from pork, if necessary. Sprinkle chops with ⅛ teaspoon *salt* and ⅛ teaspoon *black pepper*. In a 12-inch skillet, heat oil over medium-high heat. Add pork to skillet. Reduce heat to medium; cook 8 to 10 minutes or until juices run clear (160°F), turning once halfway through cooking and adding apricots and rosemary to the skillet the last 3 minutes of cooking. Turn apricots occasionally during cooking. Transfer pork and apricots to a serving platter; cover and keep warm.

2. In a small bowl, combine broth, orange juice, teriyaki sauce, and spreadable fruit. Add to hot skillet, stirring to scrape up any browned bits. Bring to boiling. Simmer, uncovered, about 1 minute or until slightly thickened. Serve over pork and apricots.

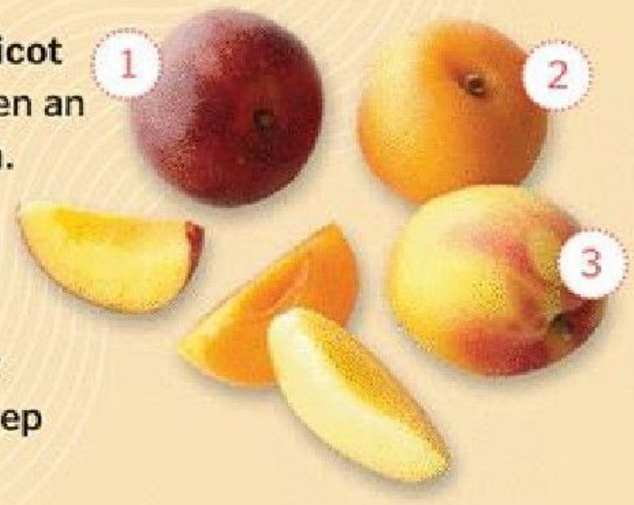
Per serving: 201 cal., 8 g total fat (2 g sat. fat), 71 mg chol., 230 mg sodium, 6 g carb., 0 g fiber, 25 g pro.

Old and new favorites

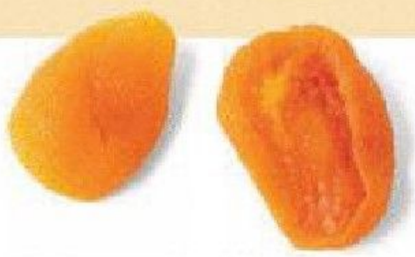
Yellow-flesh peaches and apricots are standard fare, but other varieties are increasing in popularity and availability. Keep an eye out for them in peak season. Varieties for photography supplied by *melissas.com*.



1. **Sweet Dream peach**
   Large yellow-flesh peach that weighs about 12 ounces on average.
2. **Yellow-flesh peach**
   Common peach that's succulent and sweet.
3. **White-flesh peach**
   Lower in acid, so it's sweeter. Popular in Asia.
4. **Saturn peach**
   Very juicy with a doughnutlike shape. Has a shorter shelf life than yellow-flesh peaches.



1. **Black velvet apricot**
   Is a cross between an apricot and plum. Has more fuzz than a plum.
2. **Yellow apricot**
   Common apricot variety with a deep gold color.
3. **White apricot**
   Has a light red blush over yellow skin. Flesh is creamy white. Was bred to have a high sugar content, so it tastes very sweet.



Mediterranean apricots (*far left*) are dried whole and are sugary sweet, while **California apricots** (*left*) are dried in halves and are tangy sweet. White spots on dried apricots are simply from natural sugars coming out of the fruit, says Bill Ferriera of Apricot Producers of California.

White Peach Sangria

Prep: 10 minutes | Chill: 4 to 24 hours
Makes 10 servings | Serving size: about 4 ounces

- **1 cup peach juice blend**
- **2 tablespoons orange juice**
- **2 tablespoons lime juice**
- **1 750-milliliter bottle dry white wine**
- **2 medium white or yellow peaches, pitted and thinly sliced**
- **Halved lime slices (optional)**

1. In a large glass or plastic pitcher, stir together peach juice, orange juice, and lime juice. Add wine and peach slices. Cover and chill 4 to 24 hours.

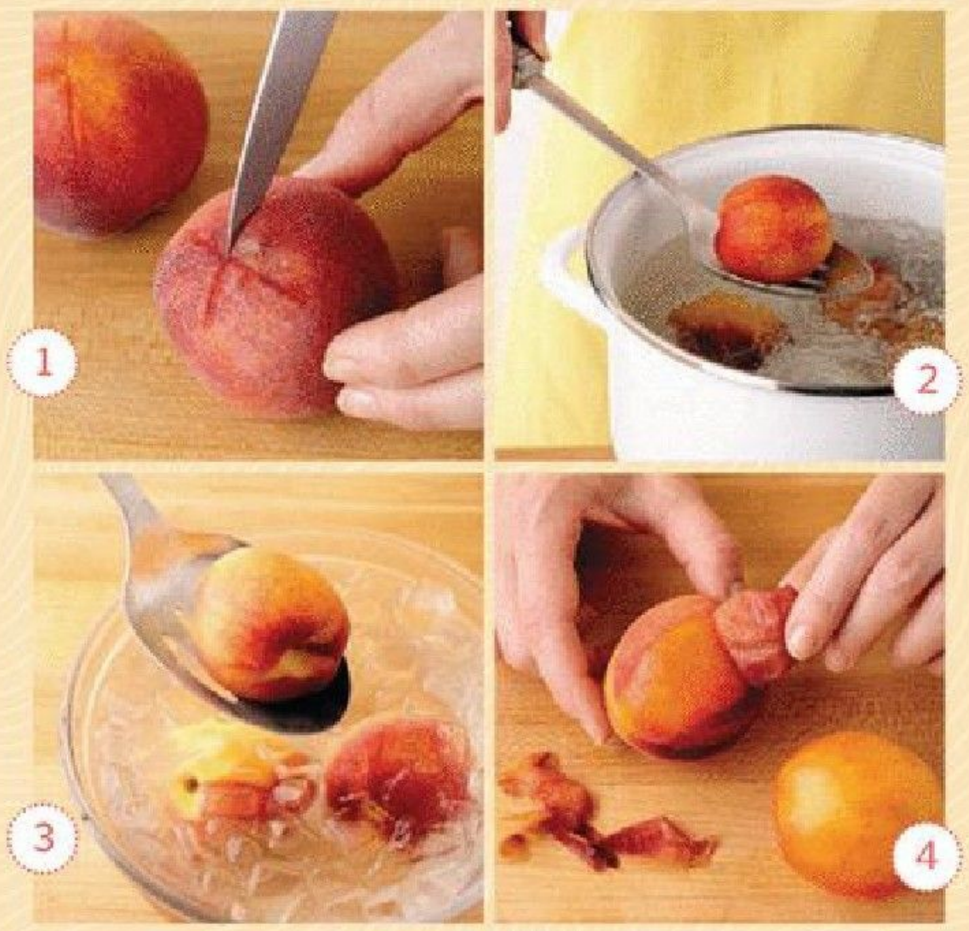
2. Serve in glasses with *ice cubes*. If desired, garnish individual servings with lime slices.

Per serving: 91 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

Pitting stone fruit

1. **Halve:** Cut ripe fruit in half, starting at stem end and working your way around pit (follow the cleft or seam that runs down the side). Twist halves in opposite directions to separate.
2. **Remove pit:** With the tip of a paring knife, gently ease out the pit and discard.

Peeling stone fruit



1. **Score:** Using a paring knife, cut a shallow X on the bottom (blossom end) of ripe stone fruit.
2. **Blanch:** With a slotted spoon, place fruit in boiling water until skin loosens (15 seconds to 1 minute).
3. **Cool:** Transfer blanched fruit to a bowl of ice water to cool quickly (but don't leave to soak).
4. **Peel:** When fruit is cool enough to touch, peel off the skin with a paring knife or your fingers, starting with each section of the X on the bottom.

Cut peaches and apricots turn brown when exposed to air. Some varieties brown more quickly than others, says tree fruit expert Desmond Layne, Ph.D. Sprinkle the cut fruit with a little sugar or Fruit Fresh, or dip the fruit in lemon juice to delay browning.

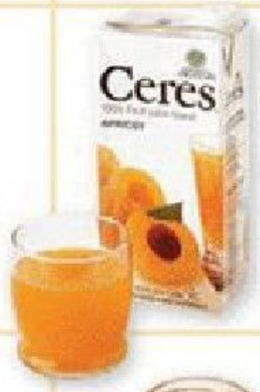
Pick up a package of stone fruit

You can enjoy peaches and apricots year-round when you purchase them processed in a variety of forms. Fruit for these products is typically packaged at the peak of ripeness—often within hours of picking—making them full of flavor and rich in nutrients.

Frozen: Look for frozen peaches without added sweeteners, such as these from VIP Foods. Try eating them mostly frozen, like a frozen pop stick.

Freeze-dried: Enjoy intense, melt-in-your-mouth flavor from Just Peaches and Just Apricots freeze-dried fruit. Eat as a snack or add them to cereal and yogurt.

Canned: Skip heavy syrup. Opt for peaches and apricots canned in 100 percent fruit juice, such as Del Monte and Libby's, to save 2 teaspoons sugar per serving.



Juice: Peach and apricot juices make a refreshing morning drink. Unlike many options, Ceres brand has no sugar added. Check for it in stores' health or juice section.

Dried: Dried peaches and apricots typically don't have added sugar. Two tasty brands to look for at the store: Sun-Maid dried apricots and Talbott's Colorado dried peaches.

Preserves: Use no-sugar-added apricot preserves, such as Polaner, in Apricot-Glazed Pork Chop Skillet (*page 72*). Try preserves on crackers *(opposite)*, too.

Indian Basmati Rice
Recipe on page 105

FYI

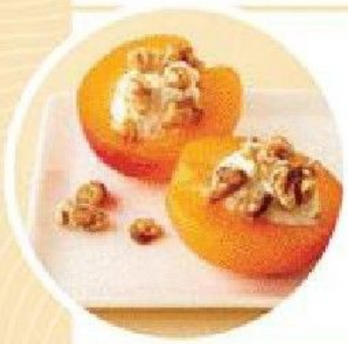
Dried peaches and apricots typically have sulfur dioxide added to preserve the fruit color, says Bill Ferriera of Apricot Producers of California. This is labeled on the package because, in rare cases, sulfites can cause a severe allergic reaction for a small percentage of the population.

6 tummy-trimming treats

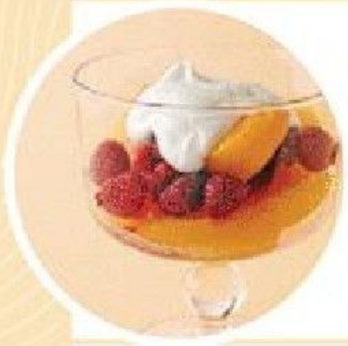
Fresh peaches and apricots are always calorie-wise sweets, but you don't have to eat them plain. Each of the fast and easy snack ideas shown here serves one and is about 100 calories (details, *page 105*).

Chocolate-Dipped Apricots
Melt 1 tablespoon dark chocolate chips in microwave. Dip a portion of 2 Mediterranean dried apricots in melted chocolate and place on waxed paper until dry.

Grilled Stone Fruit Kabobs
Place 2 fresh apricots, halved, and 1 plum, quartered, on skewers.* Grill 6–8 minutes or until semisoft, turning occasionally. Drizzle lightly with 1½ teaspoons honey.



Cream-stuffed Apricots
Fill each half of a fresh apricot with 1½ teaspoons reduced-fat cream cheese, softened. Top each half with 1 teaspoon walnut pieces.



Frosty Fruit Treat
Partially thaw (about 30 minutes) ½ cup frozen peach slices and ½ cup frozen raspberries. Top with ¼ cup fat-free plain Greek yogurt.

Peaches and Cream
Fill each half of skinned fresh peach with 1 tablespoon fat-free, no-sugar-added vanilla ice cream (see our top pick, *page 84*). Sprinkle each with ½ teaspoon graham cracker crumbs.

Apricot Cracker Bites
Spread 5 Kashi TLC Original 7 Grain Crackers with total of 2 teaspoons reduced-fat cream cheese, then top with total of 2 teaspoons all-fruit apricot preserves.

*If using wood skewers, soak skewers in enough water to cover for at least 30 minutes before grilling.

Peachy Corn Bread Muffins

(below) Prep: 15 minutes | Bake: 14 minutes
Makes 12 muffins | Serving size: 1 muffin

1 cup yellow cornmeal
¾ cup flour
¼ cup sugar
2½ teaspoons baking powder
½ teaspoon apple pie spice
¾ cup milk
2 eggs
¼ cup butter, melted
¾ cup chopped fresh or frozen unsweetened peaches
Light vegetable oil spread (optional)

1. Preheat oven to 400°F. Grease twelve 2½-inch muffin cups; set aside. In a medium bowl, stir together cornmeal, flour, sugar, baking powder, ½ teaspoon *salt*, and apple pie spice; set aside.

2. In a small bowl, whisk together milk, eggs, and melted butter. Stir in peaches. Add peach mixture to flour mixture; stir just until combined. Spoon batter into prepared muffin cups, filling cups two-thirds full.

3. Bake 14 to 15 minutes or until edges are golden brown. Serve warm. If desired, serve with vegetable oil spread.

Per muffin: 145 cal., 5 g total fat (3 g sat. fat), 47 mg chol., 219 mg sodium, 21 g carb., 1 g fiber, 3 g pro.

Recipes continued on page 105

HeartHealthyOnline.com

FYI

Peaches have historically been at the top of the list for pesticide contamination, prompting some to shop for organic fruit. However, pesticide use on peaches and other produce has decreased tremendously over the past 12 years, says Cathryn Taylor, Ph.D., a horticultural specialist at the University of Georgia in Athens.

Flame-Kissed

Take advantage of grilling season with a low-key cookout tailored for two. These sizzling meals prove the grill can be used for meat and more.

RECIPES BY Elizabeth Burt, MPH, R.D., L.D. | PHOTOS BY Blaine Moats
FOOD STYLING BY Greg Luna | PROP STYLING BY Sue Mitchell

Turkey Tomatillo Burgers, Sweet Potato Wedges
Recipes on page 106

Orange-Glazed Chicken Wings

(above) Prep: 20 minutes | Cook: 5 minutes | Marinate: 2 to 4 hours | Grill: 20 minutes | Makes 2 servings | Serving size: 2 wings (4 pieces)

- **¼ cup orange juice**
- **2 tablespoons low-sugar orange marmalade**
- **1 teaspoon reduced-sodium soy sauce**
- **1 teaspoon grated fresh ginger**
- **1 clove garlic, minced**
- **⅛ teaspoon crushed red pepper**
- **4 chicken wings, skin removed***

1. In a small saucepan, combine orange juice, marmalade, soy sauce, ginger, garlic, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until slightly thickened. Cool slightly.

2. Cut the chicken wings at each joint. Discard the wing tips (this will leave two pieces from each wing). Place chicken pieces in a resealable plastic bag. Pour orange juice mixture over chicken pieces. Seal bag; turn to coat chicken pieces. Marinate in the refrigerator 2 to 4 hours, turning bag occasionally. Drain chicken pieces, reserving marinade.

3. Arrange medium-hot coals around drip pan. Test for medium heat above the drip pan. Place chicken pieces on grill rack over drip pan. Brush with some of the reserved marinade. Cover and grill 10 minutes. Turn and brush with the remaining reserved marinade. Discard any remaining marinade. Cover and grill 10 to 15 minutes more or until chicken is tender and no longer pink. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Grill as above.)

***Test Kitchen Tip:** Using a paper towel makes it easier to keep a firm grip on the skin while you pull it off.

Per serving: 116 cal., 2 g total fat (1 g sat. fat), 33 mg chol., 143 mg sodium, 10 g carb., 0 g fiber, 13 g pro.

Sweet Grilled Pineapple Slices

(above) Prep: 10 minutes | Grill: 3 minutes
Makes 2 servings | Serving size: 2 slices pineapple and ¼ cup ice cream

- **1 tablespoon packed brown sugar**
- **¼ teaspoon apple pie spice**
- **1 8-ounce can pineapple slices (juice pack), drained**
- **½ cup vanilla low-fat or light ice cream**

1. In a small bowl, combine brown sugar, apple pie spice, and ⅛ teaspoon *salt*. Sprinkle mixture evenly over all sides of the pineapple slices; rub in with your fingers.

2. Grill pineapple slices on the rack of an uncovered grill directly over medium coals 3 to 5 minutes or until pineapple has even grill marks, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place pineapple slices on grill rack over heat. Grill as above.)

3. Serve pineapple slices warm with vanilla ice cream.

Per serving: 158 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 177 mg sodium, 35 g carb., 1 g fiber, 2 g pro.

Sweet Corn with Lime Butter

(above) Prep: 25 minutes | Grill: 25 minutes | Makes 2 servings
Serving size: 1 ear of corn

- **2 fresh ears of sweet corn (with husks)**
- **2 tablespoons butter, softened**
- **½ teaspoon finely shredded lime peel**
- **1 teaspoon lime juice**
- **1 clove garlic, minced**
- **Dash crushed red pepper**
- **Lime wedges (optional)**

1. Peel back cornhusks but do not remove. Remove and discard the silks. Gently rinse corn; pat dry with paper towels.

2. In a small bowl, combine butter, lime peel, lime juice, garlic, ⅛ teaspoon *salt*, ⅛ teaspoon *black pepper*, and crushed red pepper. Spread butter mixture evenly over the ears of corn. Fold husks back around ears and tie husk tops with 100-percent-cotton kitchen string.

3. Grill corn on the rack of an uncovered grill directly over medium coals 25 to 30 minutes or until corn kernels are tender, turning and rearranging occasionally. (For a gas grill, preheat grill. Reduce heat to medium. Place corn on grill rack over heat. Cover and grill as above.)

4. To serve, remove the string from corn; peel back husks. If desired, serve with lime wedges.

Per ear: 183 cal., 13 g total fat (7 g sat. fat), 31 mg chol., 241 mg sodium, 18 g carb., 3 g fiber, 3 g pro.

Sweet Paprika Salmon

(above) Prep: 15 minutes | Grill: 8 minutes | Makes 2 servings
Serving size: 4–5 cooked ounces

- **2 5- to 6-ounce fresh or frozen skinless salmon fillets**
- **1 tablespoon packed brown sugar**
- **1 teaspoon paprika**
- **¼ teaspoon onion powder**
- **¼ teaspoon garlic salt**
- **¼ teaspoon finely shredded lemon peel**
- **⅛ teaspoon cayenne pepper**
- **Lemon wedges (optional)**

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. In a small bowl, combine brown sugar, paprika, onion powder, garlic salt, ¼ teaspoon *black pepper*, lemon peel, and cayenne pepper. Transfer seasoning mixture to a large piece of waxed paper. Gently roll fish fillets in seasoning to coat.

2. Grill fish on lightly greased rack of an uncovered grill directly over medium coals 8 to 12 minutes or just until fish begins to flake easily when tested with a fork, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on lightly greased grill rack over heat. Cover and grill as above.)

3. If desired, serve fish with lemon wedges.

Per serving: 326 cal., 19 g total fat (4 g sat. fat), 78 mg chol., 206 mg sodium, 8 g carb., 1 g fiber, 29 g pro.

Grilled Eggplant Parmesan

Prep: 20 minutes | Grill: 10 minutes | Makes 2 servings
Serving size: 2 slices eggplant, half of a tomato, and 2 tablespoons pasta sauce

- **4 ¾-inch-thick slices eggplant (about 8 ounces)**
- **1 tablespoon balsamic vinegar**
- **2 teaspoons olive oil**
- **1 teaspoon snipped fresh thyme**
- **1 clove garlic, minced**
- **1 medium roma tomato, cut into ½-inch-thick slices**
- **2 tablespoons finely shredded Parmesan cheese**
- **2 tablespoons finely shredded mozzarella cheese**
- **¼ cup reduced-sodium tomato pasta sauce, warmed**
- **Snipped fresh thyme (optional)**

1. Sprinkle eggplant slices with ¼ teaspoon *salt* and ¼ teaspoon *black pepper*. In a small bowl, combine balsamic vinegar, oil, the 1 teaspoon snipped thyme, and the garlic; brush on both sides of each eggplant slice.

2. Grill eggplant slices on the rack of an uncovered grill directly over medium coals 10 to 12 minutes or until tender, turning once halfway through grilling; add tomato slices to the grill and top eggplant with Parmesan and mozzarella cheese for the last 3 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place eggplant on grill rack over heat. Cover and grill as above.)

3. To serve, top eggplant slices with tomato slices. Serve with pasta sauce and, if desired, additional snipped thyme.

Per serving: 153 cal., 9 g total fat (3 g sat. fat), 7 mg chol., 436 mg sodium, 13 g carb., 5 g fiber, 6 g pro.

Recipes continued on page 106

Grilled Focaccia Bread
Recipes on page 106

A Cut Above

Visual guide to the **TOP 12 LEAN CUTS** of beef, pork, and more, page 82.

Don't bypass the butcher's case—just choose wisely. Lean beef, pork, and poultry provide plenty of hunger-satisfying protein, and many fish are brimming with heart-healthy omega-3 fats. Find out how to prepare top cuts with minimal fat and maximum flavor.

BY Marsha McCulloch, M.S., R.D.
PHOTOS BY Scott Little
FOOD STYLING BY Greg Luna

Low-sodium marinades, such as these salt-free options from Mrs. Dash, add delicious flavor from blends of herbs and spices and help tenderize meat. Available in six tempting flavors, including Garlic Lime and Mesquite Grille. No MSG (monosodium glutamate). $2.99/12 ounces

IF YOU'RE A MEAT-AND-POTATOES lover striving to follow a heart-healthy diet, you don't have to give up juicy steaks, burgers, and pork chops. You just need to know what kind to buy and how to prepare them for maximum flavor. Lean meat wisely portioned and prepared can contribute important nutrients and won't break your fat budget.

Lean, meaty, and nutrient-rich

Meat, poultry, and fish are excellent sources of protein—a nutrient the American Heart Association (AHA) recommends we get in amounts of about 15 percent of our daily calories, which is 60 grams for someone eating 1,600 calories a day. Although that may sound like a lot, it's an amount most adults have little trouble getting, considering a 3-ounce serving of beef, poultry, or fish has 20–25 grams of protein.

Not only is protein needed to help keep your muscles strong and repair body tissues, it's also the nutrient that's best at helping fill us up and keep us satisfied. That's a great weapon for controlling appetite and managing your weight.

Some protein sources also supply heart-healthy omega-3 fats. Grass-fed beef (which is raised wholly on grasses or hay) supplies about twice the omega-3 fats of its conventionally grain-fed counterparts. Even so, fatty fish are by far the best omega-3 source. The AHA recommends we eat at least two servings of fatty fish per week, such as salmon or trout, which are high in omega-3s. Farm-raised salmon and trout contain similar amounts of omega-3 fats as wild-caught fish.

Meat done right

Meat sometimes gets a bad rap, partly because portions are often triple the size they should be and are higher-fat cuts. To control portions, think of meat as a side dish that complements the rest of the meal of vegetables, whole grains, or legumes (beans), rather than as the main dish. For help selecting lean cuts, just turn the page.

Green lingo

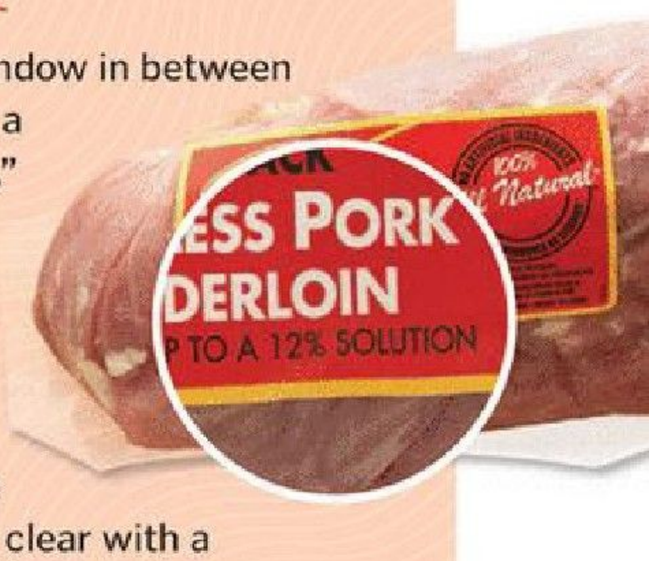
Jeff Tripician, executive vice president of Niman Ranch (*nimanranch.com*), a leader in humane ranching, helps us sort through meat terms:

- **No antibiotics.** At no point in the animal's life was it given antibiotics—whether medicinally or in the feed to make the animal grow faster.
- **No added hormones.** No hormones were given to make the animal grow more quickly.
- **Natural.** Meat was minimally processed, with no artificial ingredients added.
- **Free range.** Animals have access outside (but may spend most of their time indoors).
- **Cage free.** Pertains to poultry, which are typically raised in buildings, although often outside of cages. Does not ensure they're outdoors.

Ask the butcher

"Don't be afraid to knock on that window in between you and the butcher when you have a question or need something special," says renowned butcher Stanley Lobel of Rochester, New York. He recommends asking:

- **Is it fresh?** Don't be afraid to ask for a fresher chicken from the back room. Chicken breast that is clear with a slight yellow tint is fresh; avoid chicken with a film on it. Fresh hamburger shouldn't be discolored on the outside. It should be bright red.
- **Has it been marinated?** Marinate the meat yourself so you can control how long the meat is in the marinade, and choose low-sodium marinades or seasonings. Additionally, watch out for meat injected with a sodium solution.
- **Which cuts are leaner?** Some cuts are much leaner than others—just ask which ones. Also ask the butcher to remove all exterior fat and gristle.



Low-sodium grilling rubs and blends, such as these from Mrs. Dash (*mrsdash.com*), McCormick (*mccormick.com*), and Nantucket Off-Shore (*nantucketoffshore.com*), rely on herbs and spices to add wonderful flavor to foods. Rub them on the surface of meats before cooking.

Butchers' best

Not sure what cuts to buy or how to prepare them? Chef Thomas Schneller, associate professor at the Culinary Institute of America in Hyde Park, New York, shares his cooking tips for lean cuts of meat, poultry, and fish. Trim any remaining fat before cooking or ask the butcher to remove it for you.

	CUT	NUTRITION (3 OZ.)*	ABOUT	COOKING TIPS
BEEF	**Eye round roast**	138 cal., 3.5 g total fat (1 g sat. fat), 47 mg chol., 32 mg sodium, 0 g carb., 0 g fiber, 25 g protein	Eye round roast (and steak) is the leanest cut of beef. Other cuts from the round are also lean. Muscles in this cut run all in one direction, which makes it more tender.	Use a fine knife to slice cooked roast beef thinly. Slicing this cut too thick makes it chewy. Serve scrambled egg substitute with leftover roast beef rather than bacon.
BEEF	**Flank steak**	156 cal., 6 g total fat (3 g sat. fat), 42 mg chol., 48 mg sodium, 0 g carb., 0 g fiber, 24 g protein	A flavorful, lean, and relatively tender cut if not over-cooked. A London broil is most often cut from flank stank. Try this cut in Garlic-Mustard Steak Sandwiches, page 109.	Marinate a few hours in a mixture of teriyaki sauce, minced fresh ginger, scallions, and garlic; cook on preheated grill.
BEEF	**Sirloin steak**	156 cal., 5 g total fat (2 g sat. fat), 49 mg chol., 54 mg sodium, 0 g carb., 0 g fiber, 26 g protein	Most popular steak sold in stores. Is lean and tender. Sold with or without bone. "Sirloin" and "loin" are clues to other lean cuts. (Easy tip: loin = lean)	Rub with a bit of olive oil, then season with pepper and a dash of salt before grilling or broiling. Also tasty with chimichurri sauce, a pepper sauce popular in South America.
BEEF	**90-percent-lean ground beef**	196 cal., 10 g total fat (4 g sat. fat), 76 mg chol., 74 mg sodium, 0 g carb., 0 g fiber, 24 g protein	Ground meat marked 90/10 is 90 percent lean and 10 percent fat (by weight). Cut fat further by blotting cooked crumbles with a paper towel, then rinse with hot water.	A favorite for burgers, meatballs, and meat loaf. Mix ¼ cup of low-sodium beef or chicken broth into a pound of ground beef to help keep meat moist.
PORK	**Tenderloin**	122 cal., 3 g total fat (1 g sat. fat), 62 mg chol., 48 mg sodium, 0 g carb., 0 g fiber, 22 g protein	Is the leanest cut of pork (it's as lean as a skinless chicken breast!), plus it's very tender and boneless. Watch out for tenderloin with added salt solutions.	Avoid overcooking, which can dry out this lean cut. Can roast the whole tenderloin or slice into medallions and sauté.
PORK	**Boneless pork sirloin chop**	164 cal., 6 g total fat (2 g sat. fat), 78 mg chol., 48 mg sodium, 0 g carb., 0 g fiber, 26 g protein	Is lean and relatively inexpensive but may have a bit of fat on the outside to trim off. Other lean cuts from the loin include butterfly chops, loin chops, and loin roasts. Use this cut in Apricot-Glazed Pork Chop Skillet, page 72.	Treat it like a steak. Marinate, then grill. Can also broil or sauté. Tasty with fruit salsas, chutneys, glazes, or barbecue sauces.

*Nutrition values are for 3 ounces cooked meat, with all visible fat trimmed. As a rule of thumb, 4 ounces of raw, boneless meat, poultry, or fish yields 3 ounces of cooked meat. For a cut with the bone in, start with 8 ounces raw to get 3 ounces cooked meat.

Boca Original Vegan burgers are made of heart-healthy soy protein, grains, veggies, and seasonings, so they're low in fat, rich in protein, and full of flavor. Unlike their meat-containing counterparts, they're a good source of fiber. 280 mg sodium per burger. $3.49/box of four

A 3-ounce serving of cooked (boneless) meat is about the size of a deck of cards.

	CUT	NUTRITION (3 OZ.)*	ABOUT	COOKING TIPS
BUFFALO	**Strip loin steak**	112 cal., 4.5 g total fat (1.5 g sat. fat), 34 mg chol., 41 mg sodium, 0 g carb., 0 g fiber, 19 g protein	Buffalo meat is typically from active, grass-fed animals—so they stay lean. Because the meat is so lean, watch out for overcooking.	Tasty with a peppercorn crust or a sauce made of roasted red pepper strips sauteed in a bit of olive oil with garlic, onions, pepper, and a dash of salt.
POULTRY	**Skinless chicken breast halves**	142 cal., 3 g total fat (1 g sat. fat), 73 mg chol., 64 mg sodium, 0 g carb., 0 g fiber, 26 g protein	Are a well-known, lean option. Compared with beef and pork, organic chickens are raised quickly, making organic feed and land feasible. Try our chicken breast recipes on pages 96 and 102.	For a new twist, pound chicken breasts flat, then roll up something inside, such as asparagus spears or precooked, thinly sliced carrots. Grill or poach.
	Lean turkey breast cutlets	114 cal., 0.5 g total fat (0 g sat. fat), 70 mg chol., 44 mg sodium, 0 g carb., 0 g fiber, 25 g protein	Is the leanest of all meats. As with chicken, almost all of the fat is in the skin. Look for packaged lean, skinless turkey breast cutlets, such as Jennie-O or Honeysuckle White.	Sauté with Marsala wine and mushrooms. Or dip cutlets in egg whites, then coat with panko bread crumbs. Drizzle with olive oil and a bit of Parmesan cheese and bake.
	Extra lean ground turkey breast	110 cal., 1 g total fat (0 g sat. fat), 50 mg chol., 40 mg sodium, 0 g carb., 0 g fiber, 25 g protein	For significant fat savings over ground beef, opt for extra lean ground turkey breast rather than simply ground turkey, which can be relatively high in fat. Find ground turkey breast recipes on pages 98 and 106.	When using for turkey burgers, add ingredients that will help retain moisture, such as chopped onions or minced mushrooms.
FISH	**Skinless salmon fillet**	127 cal., 4 g total fat (0.5 g sat. fat), 57 mg chol., 73 mg sodium, 0 g carb., 0 g fiber, 22 g protein	Salmon is among the best sources of heart-healthy omega-3 fats. Salmon skin can contain contaminants, so remove before cooking. Get tasty salmon recipes on pages 78, 98, and 107.	Broil or grill salmon (brush surface with olive oil first to prevent sticking). Tasty with an ancho chile seasoning made with peppers, cumin, a bit of oil, and a dash of salt.
	Skinless trout	162 cal., 7 g total fat (1 g sat. fat), 63 mg chol., 57 mg sodium, 0 g carb., 0 g fiber, 22 g protein	Most U.S. trout comes from farms with strict environmental standards, so it is low in toxins and a good source of heart-healthy omega-3 fats.	Prepare it simply to avoid overpowering its delicate flavor. Pairs nicely with a wine-base sauce and almonds. *hhl*

Morningstar Farms Grillers Original veggie-style burgers make it easy to enjoy a meatless meal and still get the protein you need. Just pop this soy-base burger in the oven or microwave, or cook it on the grill (after spraying burger with nonstick spray). 260 mg sodium per burger. $4.29/box of four

Smart Scoops

Everybody loves ice cream! Now there are cool and creamy sweets that love you back, with better-for-you ingredients and less calories and fat.

BY Marsha McCulloch, M.S., R.D. | PHOTOS BY Blaine Moats
FOOD STYLING BY Greg Luna | PROP STYLING BY Sue Mitchell

Ciao Bella Sorbet, Blood Orange
This nondairy, fat-free frozen dessert is made with sweet and nutritious blood orange juice and is a great option for people with lactose intolerance. You'll get 50 percent of your daily vitamin C needs in just one serving.

Per ½ cup: 60 cal., 0 g fat, 16 g carb., 0 g fiber, 16 g sugars, 0 g protein

Price: $3.99/pint; *ciaobellagelato.com*

Edy's Slow Churned Rich & Creamy Light Ice Cream, Chocolate*
You'll save half the fat and a third of the calories of regular ice cream with each scoop of this chocolaty treat. This light ice cream is slow-churned and made with whey protein, which gives it a smooth and creamy texture similar to regular ice cream.

Per ½ cup: 110 cal., 3.5 g fat (2 g sat. fat), 16 g carb., < 1 g fiber, 12 g sugars, 3 g protein

Price: $5.99/1.5 quarts; *edys.com* or *dreyers.com*
*Same product also sold under Dreyer's brand.

Tip: A ½-cup serving of ice cream is about the size of a tennis ball.

So Delicious Organic Vanilla Sandwiches: Cool off on a hot summer day with this vegan (soy-base) 150-calorie dessert. $5.49/box of 6

Weight Watchers Giant Chocolate Fudge Ice Cream Bars: These 110-calorie bars are a good source of calcium. $4.99–$5.49/box of 6

Blue Bunny Fat Free, No Sugar Added Ice Cream, Vanilla
America's favorite ice cream flavor, vanilla, is super versatile. (Try our topper ideas on page 104). This fat-free version made with sugar substitutes saves you about 60 calories and 7 grams of fat per serving. Added fiber (polydextrose) and whey protein enhance the texture.

Per ½ cup: 80 cal., 0 g fat, 20 g carb., 5 g fiber, 5 g sugars, 4 g protein

Price: $4.99–$5.49/1.75 quarts; *bluebunny.com*

So Delicious Organic Dairy-Free Frozen Dessert, Mint Marble Fudge
Cool and refreshing mint flavor shines through in this vegan frozen treat made with organic soymilk. Naturally cholesterol-free and lactose-free.

Per ½ cup: 140 cal., 3 g fat (0.5 g sat. fat), 27 g carb., 2 g fiber, 17 g sugars, 1 g protein

Price: $5.99/quart; *turtlemountain.com*

Breyers Smooth & Dreamy Light Ice Cream, Strawberry Cheesecake
Because it's light, this indulgent-tasting ice cream has half the fat and a third fewer calories than regular ice cream. The red swirl is from all-natural strawberry puree.

Per ½ cup: 120 cal., 3.5 g fat (2 g sat. fat), 20 g carb., 0 g fiber, 20 g sugars, 3 g protein

Price: $5.49–$5.99/1.5 quarts; *smoothanddreamy.com*

The Skinny Cow Low Fat Fudge Pop Minis: Satisfy a chocolate craving for only 50 calories per fudge pop. Yum! $4.99/box of 12

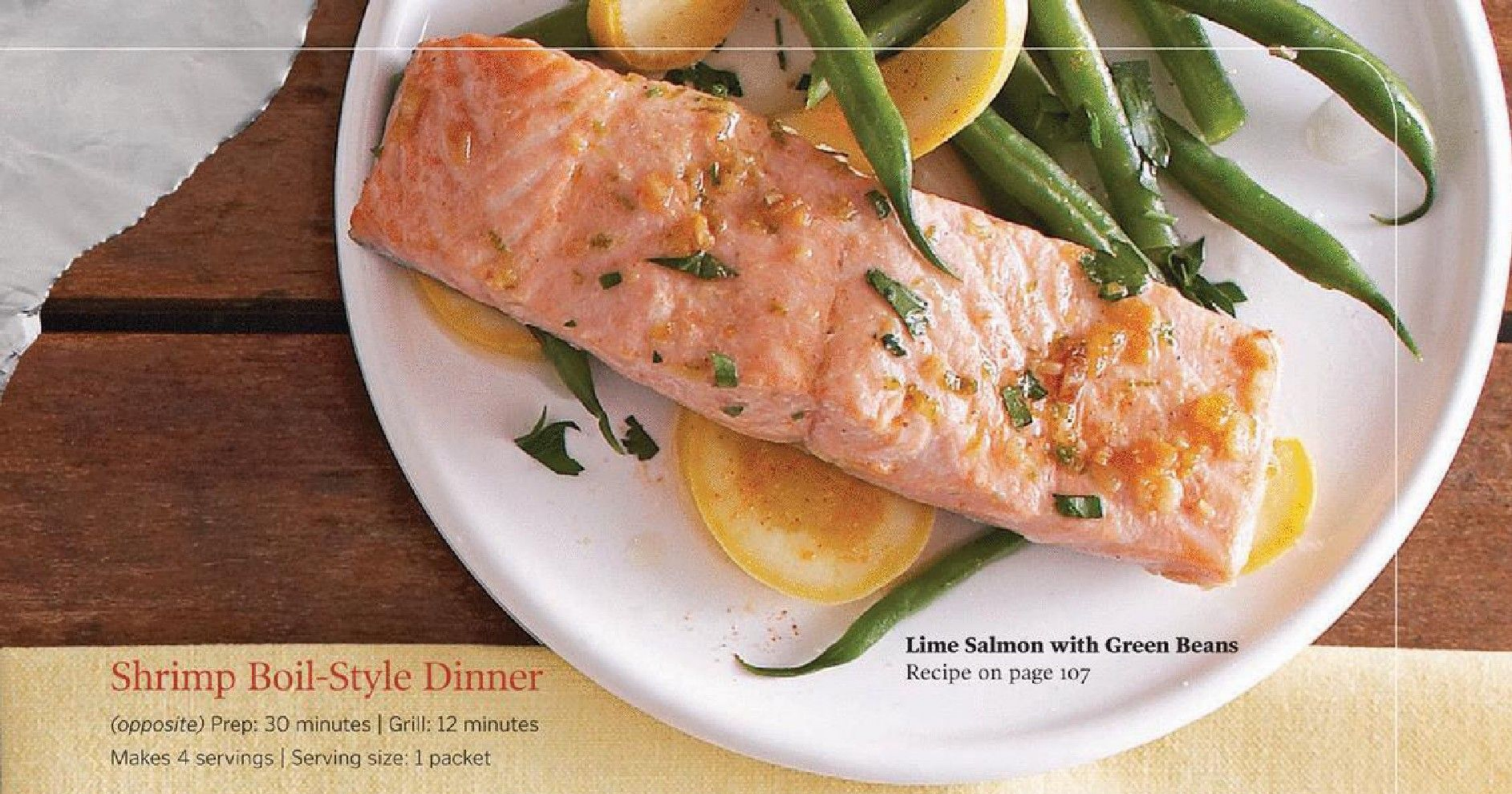
Summer Ice Cream Cups: Make delicious, low-fat ice cream treats in your own kitchen. Just 86 calories per serving. Recipe, page 106.

Fold it Grill it Enjoy!

Never let dinner plans be foiled. These no-fuss packet dinners cook in one disposable package that seals in moisture and flavor for a tasty, healthy dish hot off the grill (or out of the oven).

BY Sheena Chihak, R.D.
RECIPES BY Elizabeth Burt, MPH, R.D., L.D.
PHOTOS BY Scott Little
FOOD STYLING BY Nicole Faber Peterson
PROP STYLING BY Lori Hellender

Shrimp Boil-Style Dinner



Lime Salmon with Green Beans
Recipe on page 107

Shrimp Boil-Style Dinner

(opposite) Prep: 30 minutes | Grill: 12 minutes
Makes 4 servings | Serving size: 1 packet

- **1 pound fresh or frozen large shrimp in shells**
- **1 pound tiny new potatoes, quartered**
- **2 small fresh ears of corn, husked and cut into 1½- to 3-inch-long pieces**
- **3 ounces cooked kielbasa or andouille sausage, coarsely chopped**
- **¾ teaspoon Old Bay Seasoning or 1½ teaspoons reduced-sodium Old Bay Seasoning**
- **1 lemon, cut into wedges**
- **2 tablespoons snipped fresh parsley**

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact. Rinse shrimp; pat dry with paper towels. Set aside. In a large saucepan, cook potatoes, covered, in a small amount of boiling water 6 minutes. Add corn; cook 6 minutes more. Drain; set aside. Tear off four 24x18-inch pieces of heavy-duty foil. Fold each in half to make an 18x12-inch rectangle.

2. Divide shrimp, potatoes, corn, and sausage among foil rectangles. Sprinkle with seasoning. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

3. Grill foil packets on the rack of an uncovered grill directly over medium coals 12 to 15 minutes or until shrimp turn opaque and vegetables are tender, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

4. Serve with lemon wedges and sprinkle with parsley.

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 2. Bake packets directly on the oven rack 12 to 15 minutes or until shrimp turn opaque and vegetables are tender, carefully opening packets to check doneness. Serve as directed in Step 4.

Per packet: 303 cal., 9 g total fat (3 g sat. fat), 187 mg chol., 477 mg sodium, 28 g carb., 4 g fiber, 29 g pro.

How to pack it

1. Fold a 24x18-inch (or other specified size) piece of heavy-duty foil in half to make an 18x12-inch rectangle.
2. Add ingredients to the center of the packet. Then bring opposite long edges of the foil together to meet over the food.
3. Seal long edges of foil with a double fold.
4. Fold in remaining short ends with a double fold to close the packet, allowing space for steam to build.

Asian Barbecued Chicken
Recipe on page 107

If you prefer, you can make this side dish with either all broccoli or all cauliflower to cut down on the number of ingredients.

Lemon-Dill Cauliflower and Broccoli

Packet cooking is ideal for foods that easily dry out, such as fish and poultry, because it traps in steam, keeping foods juicy and moist.

Curried Sea Scallops

Lemon-Dill Cauliflower and Broccoli

(opposite) Prep: 25 minutes | Grill: 20 minutes
Makes 4 servings | Serving size: 1 cup

- **2 cups cauliflower florets**
- **2 cups broccoli florets**
- **1 tablespoon olive oil**
- **2 teaspoons snipped fresh dill or ½ teaspoon dried dill**
- **¼ teaspoon finely shredded lemon peel**
- **2 teaspoons lemon juice**
- **1 small clove garlic, minced**
- **⅛ teaspoon sugar**
- **⅛ teaspoon dry mustard**
- **Fresh dill sprigs (optional)**

1. Fold a 36×18-inch piece of heavy-duty foil in half to make an 18-inch square. Place cauliflower and broccoli in center of the foil square.

2. In a small bowl, combine oil, the snipped or dried dill, lemon peel, lemon juice, garlic, ⅛ teaspoon *salt*, sugar, mustard, and ⅛ teaspoon *black pepper*; drizzle over vegetables. Bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

3. Grill foil packet on the rack of an uncovered grill directly over medium coals about 20 minutes or until vegetables are tender, flipping packet once halfway through cooking and carefully opening packet to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packet on grill rack over heat. Cover and grill as above.)

4. If desired, garnish with fresh dill sprigs.

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 2. Bake packet directly on the oven rack about 35 minutes or until tender, flipping once halfway through cooking and carefully opening packet to check doneness.

Per packet: 61 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 103 mg sodium, 6 g carb., 2 g fiber, 2 g pro.

Curried Sea Scallops

(opposite) Prep: 15 minutes | Grill: 8 minutes
Makes 4 servings | Serving size: 1 packet

- **1 pound fresh or frozen sea scallops**
- **1 teaspoon curry powder**
- **¼ teaspoon ground ginger**
- **⅛ teaspoon chili powder**
- **2 cups cherry tomatoes or grape tomatoes, halved**
- **1 tablespoon olive oil**
- **2 tablespoons snipped fresh cilantro**
- **Lemon slices, halved (optional)**

1. Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. Sprinkle scallops with curry powder, ginger, ⅛ teaspoon *black pepper*, and chili powder; set aside. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each in half to make an 18×12-inch rectangle.

2. Divide seasoned scallops and tomatoes among foil rectangles. Drizzle with oil. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

3. Grill foil packets on the rack of an uncovered grill directly over medium coals 8 to 10 minutes or until scallops turn opaque, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

4. Sprinkle individual servings with cilantro. If desired, serve with lemon slices.

Oven Method: Preheat oven to 450°F. Prepare as directed through Step 2. Bake packets directly on the oven rack 10 to 12 minutes or until scallops turn opaque, carefully opening packets to check doneness. Serve as directed in Step 4.

Per packet: 149 cal., 5 g total fat (1 g sat. fat), 37 mg chol., 189 mg sodium, 7 g carb., 1 g fiber, 20 g pro.

Spiced Apples and Raisins

(below) Prep: 15 minutes | Grill: 12 minutes
Makes 4 servings | Serving size: 1 packet

- **2 medium cooking apples (such as Granny Smith), cored and cut into wedges**
- **½ cup golden raisins**
- **1 tablespoon butter, cut into 4 pieces, or 1 tablespoon tub-style vegetable oil spread**
- **¼ cup orange juice**
- **1 teaspoon apple pie spice**

1. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each piece in half to make four 18×12-inch rectangles. Divide apples, raisins, and butter among foil pieces. Drizzle with orange juice and sprinkle with apple pie spice. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

2. Grill foil packets on the rack of an uncovered grill directly over medium coals 12 to 14 minutes or until apples are tender, flipping packets occasionally and carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

Oven Method: Preheat oven to 400°F. Prepare as directed in Step 1. Bake packets directly on the oven rack 12 to 14 minutes or until apples are tender, carefully opening packets to check doneness.

Per packet: 133 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 24 mg sodium, 28 g carb., 3 g fiber, 1 g pro.

Spiced Apples and Raisins

Maple-Orange Sweet Potatoes

(opposite) Prep: 20 minutes | Cook: 10 minutes
Grill: 10 minutes | Makes 4 servings | Serving size: 1 packet

- **2 medium sweet potatoes (about 1 pound)**
- **¼ cup pure maple syrup or maple-flavor syrup**
- **2 tablespoons orange juice**
- **¼ cup dried cranberries**

1. Peel sweet potatoes. Cut sweet potatoes into ¼-inch-thick slices. In a medium saucepan, cook sweet potato slices, covered, in enough boiling water to cover 10 minutes. Drain; set aside. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each in half to make an 18×12-inch rectangle.

2. In a small bowl, combine maple syrup, orange juice, ¼ teaspoon *salt*, and ¼ teaspoon *black pepper*. Stir in cranberries. Divide sweet potatoes among foil rectangles; drizzle with syrup mixture.

3. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

4. Grill foil packets on the rack of an uncovered grill directly over medium coals 10 to 15 minutes or until sweet potatoes are tender, flipping packets once halfway through cooking and carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 3. Bake packets directly on the oven rack 10 to 15 minutes or until sweet potatoes are tender, flipping once halfway through cooking and carefully opening packets to check doneness.

Per packet: 135 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 183 mg sodium, 34 g carb., 2 g fiber, 1 g pro.

Grilled Banana Sundaes

(below) Prep: 15 minutes | Grill: 5 minutes
Makes 4 servings | Serving size: 1 packet and ¼ cup ice cream

- **2 large ripe yet firm bananas, peeled and halved lengthwise**
- **1 tablespoon orange juice**
- **3 tablespoons miniature semisweet chocolate pieces**
- **2 tablespoons chopped peanuts**
- **½ teaspoon ground cinnamon**
- **1 cup vanilla low-fat or light ice cream**
- **Sugar-free caramel ice cream topping (optional)**

1. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each in half to make an 18×12-inch rectangle. Cut each banana half crosswise into thirds. Divide banana portions among foil rectangles. Drizzle bananas with orange juice. Sprinkle with chocolate pieces, peanuts, and cinnamon.

2. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

3. Grill foil packets on the rack of an uncovered grill directly over medium coals 5 to 6 minutes or until bananas are tender, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

4. Serve with ice cream and, if desired, caramel ice cream topping.

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 2. Bake packets directly on the oven rack 5 to 6 minutes or until bananas are tender, carefully opening packets to check doneness. Serve as directed in Step 4.

Per serving: 222 cal., 7 g total fat (3 g sat. fat), 10 mg chol., 29 mg sodium, 37 g carb., 3 g fiber, 5 g pro.

Recipes continued on page 107

Maple-Orange Sweet Potatoes

If baking packets in the oven, you may use parchment paper instead of foil, but never use parchment on a grill.

Grilled Banana Sundaes

Simply Smooth

Keep your cool this summer with these four refreshing smoothies. Try one as a snack, an after-meal treat, or an on-the-go breakfast.

RECIPES BY Elizabeth Burt, MPH, R.D., L.D.
PHOTOS BY Scott Little
FOOD STYLING BY Greg Luna
PROP STYLING BY Sue Mitchell

Wake-Me-Up Smoothie
Recipe on page 108

1 Protein-Packed Smoothies

Start to finish: 10 minutes | Makes 4 servings
Serving size: about 8 ounces

- **2 cups plain fat-free yogurt**
- **2 ripe medium bananas**
- **2 tablespoons honey**
- **2 cups sliced fresh strawberries or frozen unsweetened strawberries**
- **2 tablespoons peanut butter**
- **Whole fresh strawberries (optional)**

1. In a blender, combine yogurt, bananas, honey, sliced strawberries, and peanut butter. Cover and blend until smooth. Serve immediately. If desired, top with whole strawberries.

Per smoothie: 223 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 133 mg sodium, 39 g carb., 3 g fiber, 10 g pro.

2 Eat-Your-Veggies Smoothies

Start to finish: 10 minutes | Makes 4 servings
Serving size: about 10 ounces

- **2 cups V8 V-Fusion Light peach mango juice**
- **1 medium peach, halved and pitted**
- **1 medium banana**
- **2 leaves Swiss chard, ribs removed**
- **Mango wedges (optional)**

1. In a blender, combine 2 cups *ice cubes*, juice, peach, banana, and Swiss chard. Cover and blend until smooth. Serve immediately. If desired, garnish with mango wedges.

Per smoothie: 68 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 41 mg sodium, 17 g carb., 1 g fiber, 1 g pro.

3 Antioxidant Power Smoothies

Start to finish: 10 minutes | Makes 2 servings
Serving size: about 11 ounces

- **1 cup fresh blueberries**
- **1 cup fresh blackberries**
- **1 6-ounce carton blueberry fat-free yogurt**
- **½ cup pomegranate juice**
- **1 tablespoon honey**
- **Fresh blueberries and/or blackberries (optional)**

1. In a blender, combine the 1 cup blueberries, the 1 cup blackberries, yogurt, pomegranate juice, and honey. Cover and blend until almost smooth. If desired, press mixture through a fine-mesh sieve to remove blackberry seeds. Serve immediately. If desired, garnish with additional berries.

Per smoothie: 190 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 54 mg sodium, 43 g carb., 6 g fiber, 5 g pro.

Recipes continued on page 108

Bliss Between Bread

If you thought sandwiches were out because of their high sodium levels, you'll love sinking your teeth into these full-flavored beauties loaded with fresh ingredients that offer heart benefits.

BY Sheena Chihak, R.D.
RECIPES BY Jeanne Ambrose
PHOTOS BY Blaine Moats
FOOD STYLING BY Greg Luna
PROP STYLING BY Sue Mitchell

Grilled Summer Vegetables Sandwich
Recipe on page 108

Tilapia Tacos with Jalapeño Slaw

(above) Prep: 20 minutes | Grill: 4 to 6 minutes per ½-inch thickness | Chill: up to 6 hours | Makes 4 servings
Serving size: 1 taco and ½ cup slaw

1 pound fresh or frozen tilapia fillets
2½ cups purchased shredded cabbage with carrot (coleslaw mix)
¼ cup thinly sliced, halved red onion
1 small fresh jalapeño chile pepper, seeded and finely chopped*
2 tablespoons lime juice
2 tablespoons orange juice
2 tablespoons olive oil
1 teaspoon ground cumin
¼ teaspoon ancho chili powder or cayenne pepper
4 8-inch whole grain flour tortillas
Peach or mango salsa and/or lime wedges (optional)

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Measure thickness of fish fillets. Set aside. In a medium bowl, combine coleslaw mix, red onion, and jalapeño pepper; set aside. In a small bowl, whisk together lime juice, orange juice, oil, half of the cumin, and a dash of *salt*. Pour lime juice mixture over the cabbage mixture. Toss to coat. Cover and chill up to 6 hours.

2. In a small bowl, combine the remaining cumin, another dash of *salt*, and the ancho chili powder; sprinkle evenly over one side of each fish fillet.

3. Stack tortillas and wrap in foil. Place fish and tortilla stack on the greased rack of a grill directly over medium coals. Grill just until fish flakes easily when tested with a fork and tortillas are heated through, turning fish and tortilla stack once halfway through grilling (allow 4 to 6 minutes per ½-inch thickness of fish). (For a gas grill, preheat grill. Reduce heat to medium. Place fish and tortilla stack on greased grill rack over heat. Cover and grill as above.)

4. Remove fish and tortillas from grill. Cut fish into four serving-size pieces and divide among tortillas. Top with the slaw mixture. If desired, serve with salsa. Pass lime wedges.

***Test Kitchen Tip:** Because chile peppers contain oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Per taco: 324 cal., 12 g total fat (3 g sat. fat), 57 mg chol., 466 mg sodium, 21 g carb., 12 g fiber, 32 g pro.

Indian-Spiced Chicken Pitas

Grilled Peanut Butter, Banana, and Berry Sandwiches
Recipe on page 108

"Dressings like mayonnaise are high in fat and generally high in sodium. Buy a low-fat, low-sodium mayo and mix it with a little horseradish or some spices to give it some flavor."

—Bethany Thayer, M.S., R.D., spokesperson for the American Dietetic Association

Indian-Spiced Chicken Pitas

(left) Prep: 20 minutes | Marinate: 20 minutes | Cook: 5 minutes | Makes 4 servings | Serving size: 1 filled pita half

- **1 cup plain fat-free yogurt**
- **1 teaspoon garam masala**
- **½ teaspoon bottled hot pepper sauce**
- **12 ounces skinless, boneless chicken breast halves, cut into bite-size strips**
- **2 whole wheat pita bread rounds, halved crosswise**
- **1 cup refrigerated mango and papaya slices, drained and coarsely chopped**
- **1 tablespoon tiny fresh mint leaves**

1. In a small bowl, combine yogurt, garam masala, hot pepper sauce, and ¼ teaspoon *salt*. Pour three-fourths of the mixture into a reusable plastic bag; refrigerate the remaining yogurt mixture until serving time. Add chicken to bag. Seal bag; turn to coat. Marinate in the refrigerator 20 minutes. Drain chicken, discarding marinade.

2. Coat an unheated large nonstick skillet with *nonstick cooking spray*. Preheat skillet over medium heat. Add chicken to hot skillet; cook about 5 minutes or until no longer pink, turning once.

3. To serve, divide chicken evenly among pita bread halves. Drizzle with the reserved yogurt mixture. Top with chopped fruit; sprinkle with fresh mint.

Per pita half: 249 cal., 2 g total fat (0 g sat. fat), 51 mg chol., 430 mg sodium, 32 g carb., 3 g fiber, 26 g pro.

Lemony Garbanzo Bean Sandwich

Start to finish: 20 minutes | Makes 4 sandwiches
Serving size: 1 sandwich

- **1 15-ounce can no-salt-added organic garbanzo beans (chickpeas), rinsed and drained***
- **3 tablespoons snipped fresh parsley**
- **1 teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**
- **1 tablespoon finely chopped red onion**
- **1 tablespoon olive oil**
- **½ of a large cucumber, peeled, quartered, and sliced (about 1 cup)**
- **½ cup watercress or arugula**
- **⅓ cup bottled roasted red sweet pepper strips**
- **1 1-pound loaf focaccia bread, quartered**

1. In a medium bowl, combine garbanzo beans, parsley, lemon peel, lemon juice, red onion, oil, and ⅛ teaspoon *black pepper*. Using a potato masher or fork, mash the garbanzo bean mixture until the beans are in coarse chunks. Add cucumber, watercress, and red pepper strips. Toss to combine.

2. Split each focaccia portion. Fill with garbanzo bean-cucumber mixture.

***Test Kitchen Tip:** If desired, substitute 1¾ cups cooked dried garbanzo beans for the canned beans.

Per sandwich: 401 cal., 8 g total fat (0 g sat. fat), 10 mg chol., 472 mg sodium, 71 g carb., 5 g fiber, 16 g pro.

Poached Salmon on Ciabatta

(above) Start to finish: 30 minutes | Makes 4 sandwiches
Serving size: 1 sandwich

- **½ cup dry white wine or water**
- **12 ounces skinless salmon fillet, about 1 inch thick**
- **¼ cup tub-style whipped cream cheese with garlic and herbs**
- **2 tablespoons fat-free milk**
- **1 tablespoon snipped fresh dill**
- **1 teaspoon finely shredded lemon peel**
- **4 2-ounce ciabatta rolls, split and toasted, if desired**
- **1 cup fresh baby spinach**

1. In a large nonstick skillet, combine wine and ½ cup *water*. Bring to boiling; add fish. Reduce heat. Cover and simmer 8 to 12 minutes or until fish flakes easily when tested with a fork. Remove fish from cooking liquid; discard liquid. Let fish cool to room temperature; break into large chunks.

2. Meanwhile, in a small bowl, combine cream cheese, milk, dill, lemon peel, and ⅛ teaspoon *black pepper*. Spread mixture on cut sides of the ciabatta rolls. Arrange spinach and fish chunks on roll bottoms. Add roll tops, cream cheese side down.

Per sandwich: 395 cal., 16 g total fat (5 g sat. fat), 57 mg chol., 458 mg sodium, 30 g carb., 2 g fiber, 23 g pro.

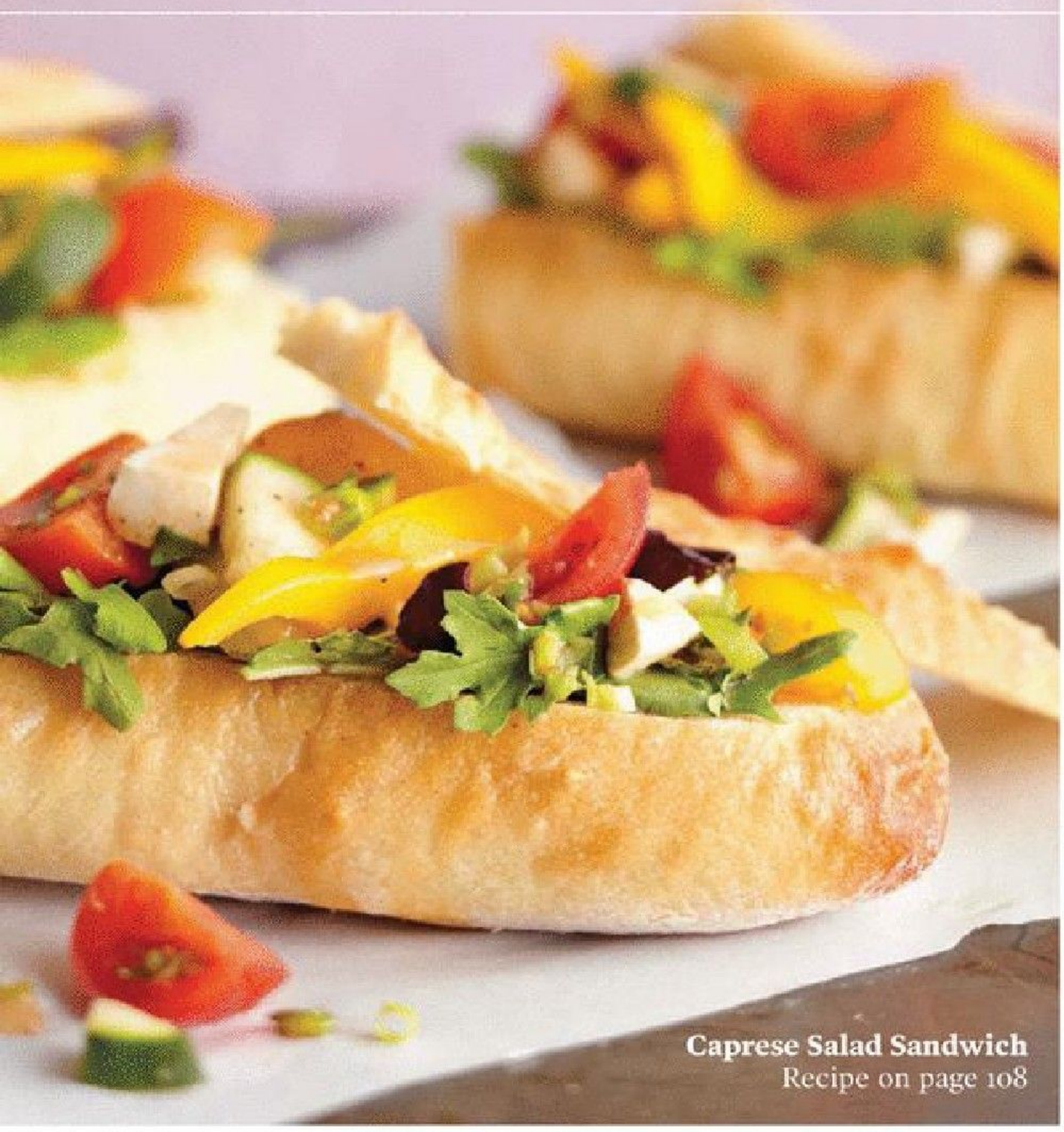
Ginger Turkey Mini Burgers

(above) Prep: 20 minutes | Grill: 10 minutes | Makes 4 burgers
Serving size: 1 burger

- **1 egg white, beaten, or 2 tablespoons refrigerated or frozen egg product, thawed**
- **2 tablespoons snipped fresh cilantro**
- **2 tablespoons quick-cooking rolled oats**
- **2 cloves garlic, minced**
- **½ teaspoon grated fresh ginger**
- **¼ teaspoon reduced-sodium soy sauce**
- **8 ounces uncooked ground turkey breast**
- **¼ of a medium avocado**
- **2 tablespoons chopped tomato**
- **4 whole grain cocktail-size hamburger buns, split**
- **Sliced red onion and/or dark leafy greens (optional)**

1. In a medium bowl, combine egg white, snipped cilantro, rolled oats, half of the garlic, the ginger, and soy sauce. Add ground turkey; mix well. Using damp hands, shape into four ¾-inch-thick patties.

2. Grill patties on the greased rack of an uncovered grill directly over medium coals 10 to 12 minutes or until done (165°F),* turning once. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)



Caprese Salad Sandwich
Recipe on page 108

"Luncheon meat is, of course, very high in fat. Choosing things like turkey, chicken breast, lean roast beef, or a grilled fish would make a healthier sandwich."

—Bethany Thayer, M.S., R.D., spokesperson for the American Dietetic Association

3. Meanwhile, in a small bowl, using a fork, coarsely mash avocado. Stir in chopped tomato and the remaining garlic. To serve burgers, spread a thin layer of the avocado mixture on bottom half of each bun. Add patties. If desired, top with red onion and/or dark leafy greens.

***Test Kitchen Tip:** The internal color of a burger is not a reliable doneness indicator. A turkey patty cooked to 165°F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.

Per burger: 165 cal., 3 g total fat (0 g sat. fat), 35 mg chol., 142 mg sodium, 15 g carb., 4 g fiber, 20 g pro.

Recipes continued on page 108

Sodium-smart slices

Bread can be surprisingly high in sodium, but as the foundation of your sandwich it's an essential ingredient. We studied supermarket shelves to find low-sodium breads that taste great and offer other health benefits. Here are a few favorites:

Sara Lee Delightful 100% Multi-Grain
These slices are thinner than most but offer great bang for the nutritional buck. With only 45 calories, 0.5 grams fat, 100 mg sodium, and 2 grams of fiber per slice, this bread is an especially good choice for calorie counters.

Pepperidge Farm Whole Grain 100% Whole Wheat
We like the large, hearty slices this bread offers. It is higher in calories than the other choices (though still lower than many other breads), but its higher fiber content is a real plus. Each slice has 100 calories, 1.5 grams fat, 105 mg sodium, and 4 grams of fiber.

Food For Life Ezekiel 4:9
This bread choice is found in the frozen section, often in the health or organic department of the supermarket. As a complete protein source with very low sodium content, this product might be worth a detour from the bread aisle. Each slice of this sprouted grain bread has 80 calories, 0.5 grams fat, 75 mg sodium, and 3 grams of fiber.

HeartHealthyOnline.com

Dinner Tonight!

Shortcut Meals

We searched supermarket shelves for packaged foods that offer convenience and good nutrition to create six shortcut entrées. Simply combine these convenience products with fresh ingredients for a superfast meal. These dishes follow our formula for heart-healthy eating, including an omega-3-rich dinner, meatless meals, and plenty of antioxidants, all while keeping calories, fat, and sodium in check.

RECIPES BY Stephanie Karpinske, M.S., R.D. | PHOTOS BY Kritsada
FOOD STYLING BY Greg Luna | PROP STYLING BY Sue Mitchell

Almond Chicken Salad

Start to finish: 15 minutes | Makes 4 servings
Serving size: 2½ cups

- **12 ounces refrigerated grilled chicken breast strips (such as Tyson or Oscar Mayer)**
- **1 11-ounce can mandarin orange sections, drained**
- **1 6-ounce package baby spinach**
- **1 cup seedless red grapes, halved**
- **¼ cup sliced almonds**
- **½ cup orange juice**
- **2 tablespoons balsamic vinegar**
- **1 tablespoon toasted sesame oil**

1. In a very large bowl, combine chicken, orange sections, spinach, grapes, and almonds. In a screw-top jar, combine orange juice, balsamic vinegar, sesame oil, and ¼ teaspoon *black pepper*; shake to combine.

2. Pour dressing over salad; toss to combine. Divide among four serving plates. Serve immediately.

Per serving: 249 cal., 8 g total fat (1 g sat. fat), 55 mg chol., 431 mg sodium, 25 g carb., 3 g fiber, 22 g pro.

Tuna and Hummus Wrap

Start to finish: 20 minutes | Makes 4 servings
Serving size: 1 tortilla with 1¼ cups filling

- **1 6-ounce can very-low-sodium chunk white tuna (water pack), drained**
- **1 small cucumber, peeled, seeded, and chopped**
- **1 small tomato, seeded and chopped**
- **2 tablespoons olive oil**
- **1 tablespoon snipped fresh dill or 1 teaspoon dried dill, crushed**
- **⅓ cup refrigerated cucumber dill hummus**
- **4 8-inch whole wheat tortillas**
- **4 cups torn packaged lettuce (such as hearts of romaine or European blend)**

1. In a medium bowl, stir together tuna, cucumber, tomato, oil, dill, and ¼ teaspoon *black pepper*.

2. Spread hummus on one side of each tortilla. Toss tuna mixture with lettuce. Divide evenly among the tortillas. Roll up.

Per wrap: 280 cal., 11 g total fat (1 g sat. fat), 19 mg chol., 482 mg sodium, 32 g carb., 4 g fiber, 16 g pro.

Stuffed Peppers

Start to finish: 30 minutes | Makes 4 servings
Serving size: 1 pepper with 1¼ cups filling

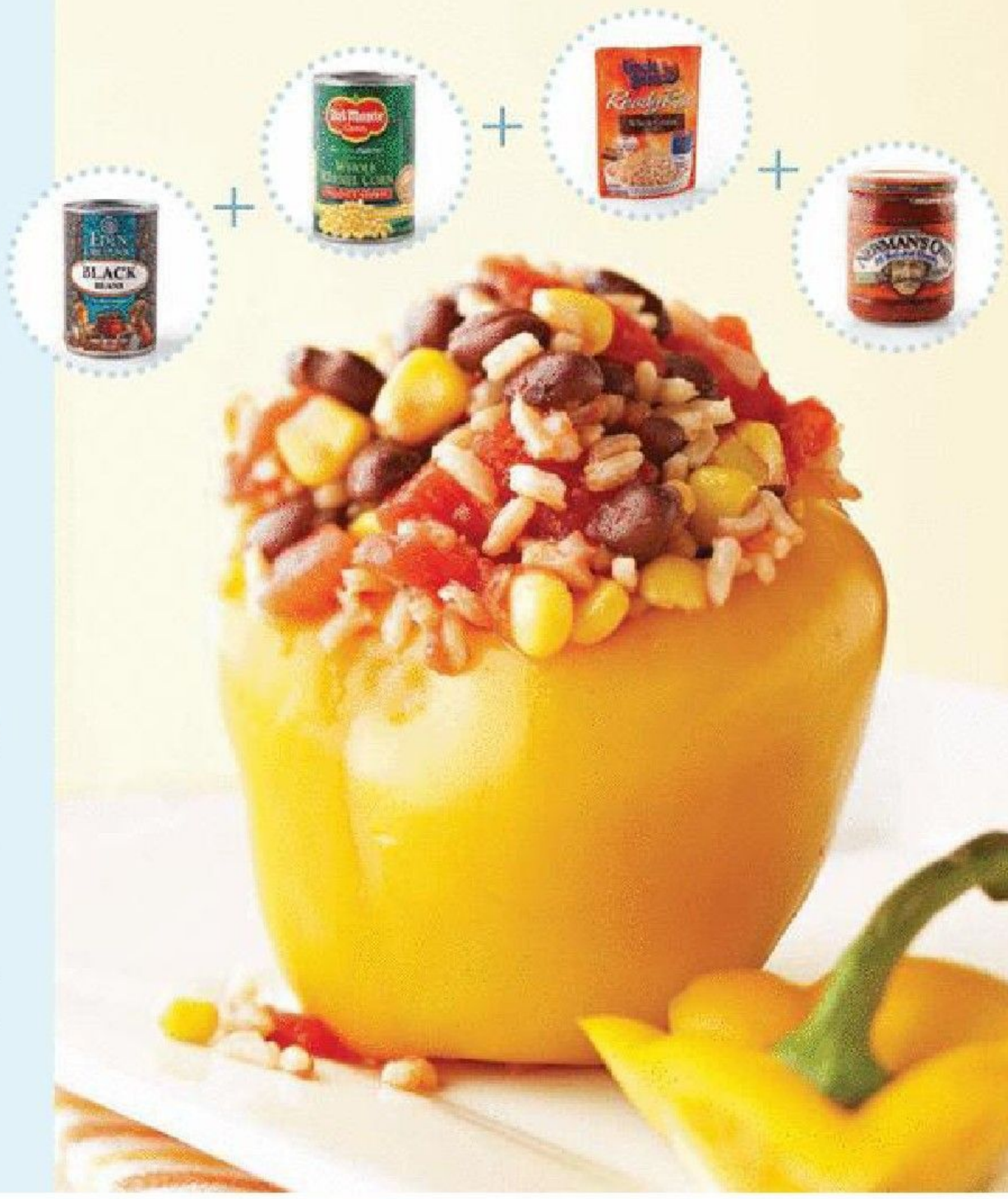
- **4 large yellow sweet peppers, stemmed and hollowed out**
- **1 15-ounce can no-salt-added black beans, rinsed and drained**
- **1 15-ounce can no-salt-added whole kernel corn, drained**
- **1 14.5-ounce can diced tomatoes, undrained**
- **1 8.8-ounce package cooked brown rice, heated according to package directions**
- **½ cup salsa (such as Newman's Own Bandito Salsa)**
- **½ teaspoon cumin or chili powder**

1. Arrange peppers in a 2-quart square baking dish. Pour 3 tablespoons *water* around peppers. Microwave on 100-percent power (high) 8 minutes or just until peppers start to soften.

2. Meanwhile, in a medium bowl, stir together black beans, corn, diced tomatoes, rice, salsa, and cumin.

3. Divide bean mixture among the peppers. Microwave on 100-percent power (high) 4 minutes more or until heated through.

Per pepper: 362 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 327 mg sodium, 76 g carb., 12 g fiber, 13 g pro.



Chicken-Veggie Pasta Toss

Start to finish: 30 minutes | Makes 4 servings | Serving size: 2 cups

- **12 ounces skinless, boneless chicken breast halves**
- **6 ounces dried multigrain penne pasta (2 cups)**
- **1 tablespoon olive oil or canola oil**
- **4 cloves garlic, minced**
- **¼ teaspoon crushed red pepper**
- **1 16-ounce package frozen broccoli stir-fry vegetable mix**
- **1 15-ounce can no-salt-added cannellini beans, rinsed and drained**
- **½ to ¾ cup reduced-sodium chicken broth**
- **1 tablespoon snipped fresh oregano**

1. Cut chicken into bite-size strips; set aside. Cook pasta according to package directions. Drain.

2. In an extra-large skillet, heat oil over medium-high heat. Add garlic and red pepper; cook and stir 30 seconds. Add vegetable mix; cook and stir 5 minutes. Remove broccoli mixture from skillet.

3. Add chicken to the hot skillet; cook and stir 3 minutes or until no longer pink. Return broccoli mixture to the skillet. Add pasta, beans, and enough chicken broth to moisten. Cook, stirring occasionally, until heated through.

4. To serve, divide among four bowls. Sprinkle with oregano.

Per serving: 399 cal., 6 g total fat (1 g sat. fat), 49 mg chol., 214 mg sodium, 50 g carb., 10 g fiber, 35 g pro.

Tomato and Cheese Ravioli

Start to finish: 20 minutes | Makes 4 servings
Serving size: 1¾ cup

- **1 9-ounce package refrigerated light four-cheese ravioli or whole wheat four-cheese ravioli**
- **2 pints grape tomatoes or cherry tomatoes, halved (4 cups)**
- **1 8-ounce package sliced fresh mushrooms**
- **1 tablespoon olive oil**
- **¼ cup refrigerated reduced-fat pesto with basil**
- **¼ cup shredded fresh basil**

1. In a large saucepan, cook ravioli according to package directions, except do not add oil or salt to the water. Meanwhile, in a large skillet, cook tomatoes and mushrooms in hot oil over medium heat 5 to 7 minutes or just until mushrooms are tender and tomatoes are softened, stirring occasionally.

2. Drain pasta and return to the hot saucepan; add pesto and toss until coated. Stir in tomato mixture and basil. Divide among four plates. Serve immediately.

Per serving: 314 cal., 12 g total fat (3 g sat. fat), 35 mg chol., 463 mg sodium, 39 g carb., 5 g fiber, 14 g pro.

Double Mushroom Burgers with Onion Spread

Start to finish: 25 minutes | Makes 4 burgers | Serving size: 1 burger

- **2 ounces reduced-fat cream cheese, softened**
- **1 teaspoon salt-free onion and herb seasoning blend**
- **1 9-ounce package (4 patties) frozen meatless mushroom burgers (such as Boca Savory Mushroom Mozzarella Veggie Patties)**
- **1 8-ounce package sliced fresh mushrooms**
- **2 teaspoons canola oil**
- **4 whole wheat hamburger buns, toasted**
- **Butterhead (Boston or Bibb) lettuce leaves and/or tomato slices (optional)**

1. In a small bowl, stir together cream cheese and seasoning blend; set aside.

2. Coat a large skillet with *nonstick cooking spray*. Preheat over medium heat. Add frozen burgers to skillet; cook 8 to 10 minutes, turning occasionally. In another large skillet, cook mushrooms in hot oil 5 minutes or until tender.

3. To serve, spread buns with cream cheese mixture. Top each bottom bun with a burger and some of the mushroom mixture. If desired, top with lettuce and/or tomatoes. Add bun tops.

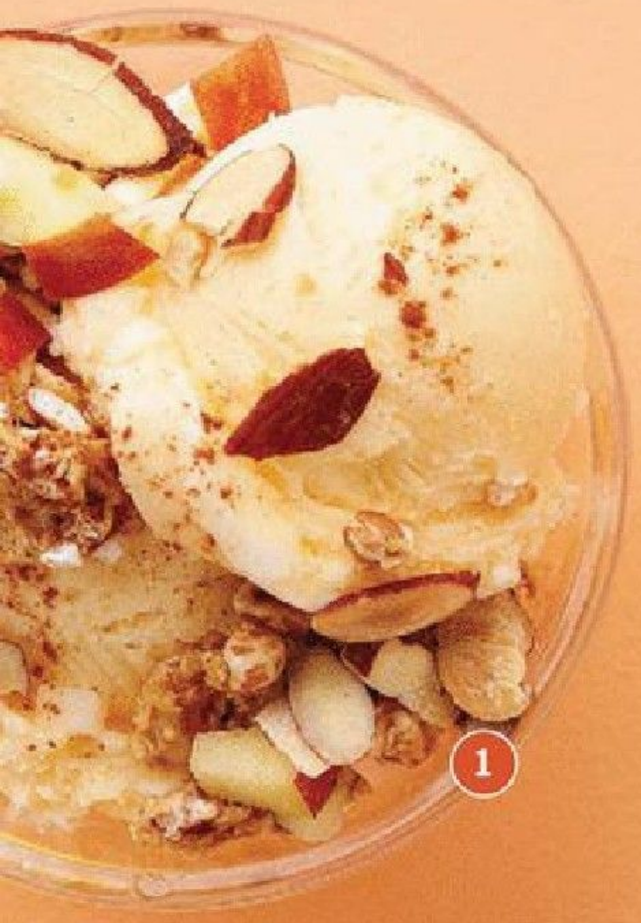
Per burger: 298 cal., 14 g total fat (4 g sat. fat), 10 mg chol., 490 mg sodium, 32 g carb., 1 g fiber, 14 g pro. *hhl*

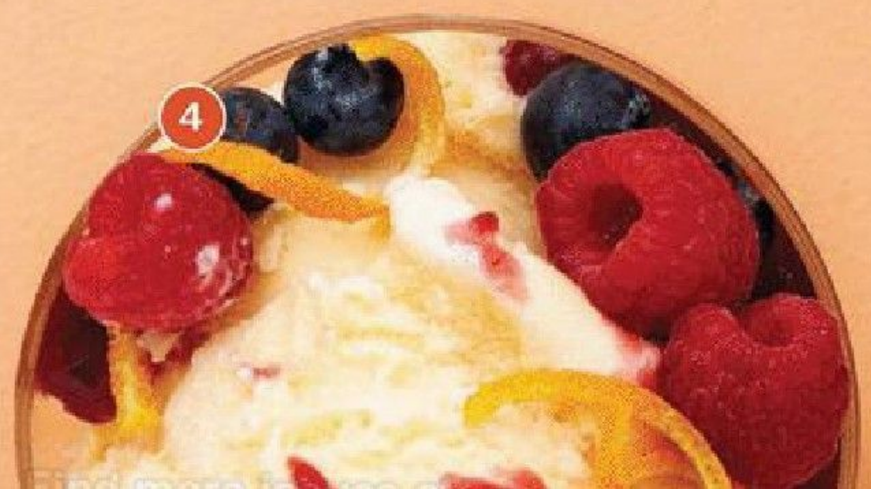
1 Bowl, 7 Ways

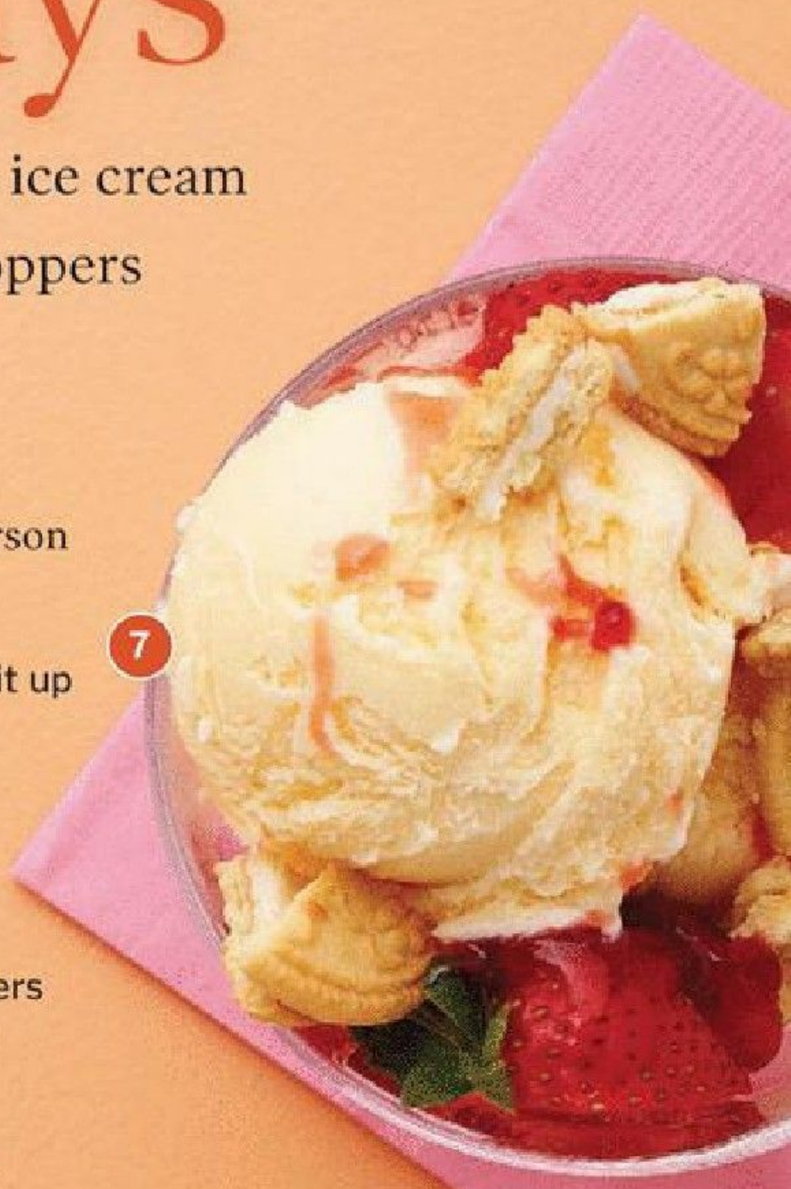
Here's the scoop: You can enjoy delicious ice cream topped with crunchy, savory, and sweet toppers that won't bust your sugar budget.

BY Elizabeth Burt, MPH, R.D., L.D.

PHOTO BY Blaine Moats | FOOD STYLING BY Nicole Faber Peterson







Start with ½ cup light ice cream (we used vanilla, but mix it up with a scoop of chocolate or your favorite), then add any of these delicious themed toppings. (See full nutrition information for each bowl on page 109.)

1. Toasty Apple Streusel Ice Cream ¼ cup chopped apple, 2 tablespoons naturally sweetened multigrain clusters cereal, 2 tablespoons toasted sliced almonds, ¼ teaspoon apple pie spice (198 calories)

2. Rainbow Rocky Road Ice Cream 1 tablespoon miniature marshmallows, 2 tablespoons fruit-flavor rice cereal, 1 tablespoon sugar-free chocolate syrup (139 calories)

3. Have-Your-Cake Ice Cream ½ cup angel food cake cut into 1-inch cubes; 1 tablespoon reduced-sugar vanilla frosting, melted; 1 teaspoon multicolor sprinkles (207 calories)

4. Berry Blast Ice Cream 2 tablespoons raspberries; 2 tablespoons blueberries; 2 tablespoons blackberries; 1 tablespoon sugar-free raspberry jam, melted; 1 teaspoon orange peel (138 calories)

5. Confetti Trail Mix Ice Cream 1 tablespoon vanilla yogurt-covered raisins, chopped; 1 tablespoon low-fat granola; 1 tablespoon mixed dried fruit bits; 1 tablespoon toasted walnuts, chopped (220 calories)

6. Smashed Espresso Ice Cream 1 tablespoon chopped chocolate-covered espresso beans, 1 tablespoon sugar-free frozen whipped topping (thawed), ½ teaspoon instant espresso powder (154 calories)

7. Strawberry Cookies and Cream Ice Cream ¼ cup sliced strawberries; 1 chopped vanilla sandwich cookie; 1 tablespoon sugar-free strawberry jam, melted (170 calories)

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Scents of Summer

Recipes continued from page 75

Peach-Blueberry Cobbler

(pictured on page 70) Prep: 30 minutes
Bake: 35 minutes | Cool: 20 minutes
Makes 10 servings | Serving size: about ⅔ cup

- **3 tablespoons sugar**
- **1 tablespoon cornstarch**
- **¼ teaspoon ground cinnamon**
- **5 cups sliced fresh peaches (about 7 medium peaches) or 5 cups frozen unsweetened peach slices, thawed**
- **1 cup fresh blueberries**
- **¾ cup all-purpose flour**
- **¾ cup whole wheat flour**
- **2 tablespoons sugar**
- **1½ teaspoons baking powder**
- **⅓ cup butter**
- **⅔ cup buttermilk**

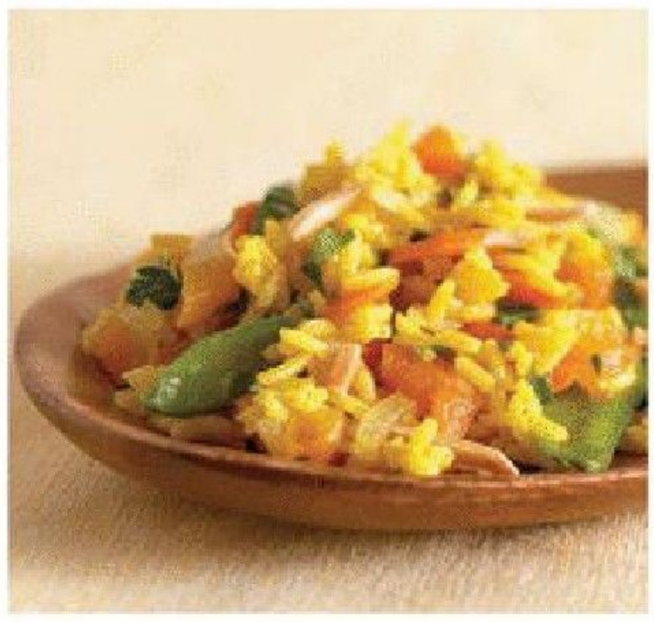
1. Preheat oven to 375°F. For filling, in a large bowl, stir together the 3 tablespoons sugar, the cornstarch, and cinnamon. Add peaches and blueberries; toss gently to coat. Gently stir in 2 tablespoons *water*. Spread filling evenly in a 2-quart square baking dish. Set aside.

2. For biscuit dough, in a large bowl, combine all-purpose flour, whole wheat flour, the 2 tablespoons sugar, the baking powder, and ¼ teaspoon *salt*. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Add buttermilk; stir with a fork just until combined.

3. Drop biscuit dough by tablespoonfuls over the filling, covering the mixture almost completely. Bake 35 to 40 minutes or until filling is bubbly and biscuits are baked through. If necessary to prevent overbrowning, cover the top loosely with foil the last 10 minutes of baking. (To check doneness, pull the center biscuit apart with two forks and make sure it is not doughy on the bottom.)

4. Cool on a wire rack 20 minutes. Serve warm.

Per serving: 192 cal., 7 g total fat (4 g sat. fat), 17 mg chol., 174 mg sodium, 31 g carb., 3 g fiber, 4 g pro.



Indian Basmati Rice

(pictured on page 74) Prep: 30 minutes
Cook: 18 minutes | Makes 6 servings
Serving size: 1 cup rice mixture and ½ tablespoon almonds

- **1 medium onion, chopped**
- **1 tablespoon butter**
- **1 cup basmati rice**
- **⅔ cup snipped dried apricots**
- **1 medium carrot, bias-sliced**
- **1 teaspoon ground turmeric**
- **½ teaspoon ground cumin**
- **⅛ teaspoon crushed red pepper**
- **1 14-ounce can reduced-sodium chicken broth**
- **1 6-ounce package frozen snow pea pods, thawed**
- **2 tablespoons snipped fresh parsley**
- **2 tablespoons slivered almonds, toasted**

1. In a medium saucepan, cook onion in hot butter over medium heat about 5 minutes or until onion is tender. Stir in uncooked rice. Cook and stir 4 minutes. Stir in apricots, carrot, turmeric, cumin, and crushed red pepper.

2. Carefully stir broth and ¼ cup *water* into rice mixture in saucepan. Bring to boiling; reduce heat. Cover and simmer 18 to 20 minutes or until liquid is absorbed and rice is tender. Stir in pea pods and parsley. Sprinkle individual servings with almonds.

Per serving: 200 cal., 3 g total fat (1 g sat. fat), 5 mg chol., 184 mg sodium, 40 g carb., 3 g fiber, 5 g pro.

Chocolate-Dipped Apricots

Per serving: 103 cal., 3 g total fat (2 g sat. fat), 0 mg chol., 2 mg sodium, 19 g carb., 3 g fiber, 1 g pro.

Grilled Stone Fruit Kabobs

Per serving: 96 cal., 0.5 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 24 g carb., 2 g fiber, 1 g pro.

Cream-Stuffed Apricots

Per serving: 100 cal., 7 g total fat (2 g sat. fat), 8 mg chol., 45 mg sodium, 6 g carb., 1 g fiber, 3 g pro.

Frosty Fruit Treat

Per serving: 97 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 30 mg sodium, 16 g carb., 5 g fiber, 8 g pro.

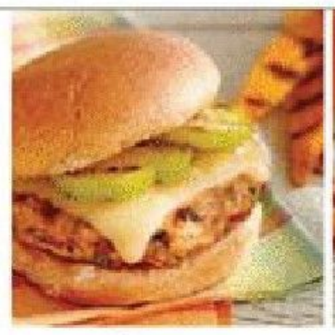
Peaches and Cream

Per serving: 102 cal., 0.5 g total fat (0 g sat. fat), 4 mg chol., 53 mg sodium, 22 g carb., 3 g fiber, 3 g pro.

Apricot Cracker Bites

Per serving: 94 cal., 3 g total fat (1 g sat. fat), 5 mg chol., 98 mg sodium, 15 g carb., 1 g fiber, 2 g pro.

hhl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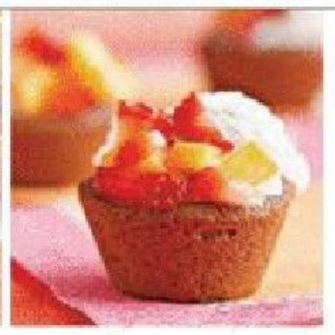
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Flame-Kissed

Recipes continued from page 79

Turkey Tomatillo Burgers

(pictured on page 76) Prep: 20 minutes
Grill: 14 minutes | Makes 2 servings
Serving size: 1 burger

1 egg white, slightly beaten
2 tablespoons fine dry bread crumbs
1 tablespoon snipped fresh cilantro
1 teaspoon chopped canned chipotle chile pepper in adobo sauce*
1 clove garlic, minced
¼ teaspoon chili powder
8 ounces uncooked ground turkey breast
4 slices tomatillo and/or tomato
2 ¾-ounce slices Muenster cheese
2 whole wheat hamburger buns, split and toasted

1. In a medium bowl, combine egg white, bread crumbs, cilantro, chipotle pepper in adobo sauce, garlic, chili powder, and ⅛ teaspoon *black pepper*. Add ground turkey breast; mix well. Using your clean hands, shape turkey mixture into two ¾-inch-thick patties. (If mixture is sticky, moisten hands with water.)

2. Grill burgers on the lightly greased rack of an uncovered grill directly over medium coals 14 to 18 minutes or until no longer pink (165°F),** turning once halfway through grilling; add tomatillo slices to the grill and top each burger with a slice of cheese the last 2 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place burgers, and later tomatillos, on grill rack over heat. Cover and grill as above.)

3. Serve grilled turkey burgers topped with tomatillo and/or tomato slices in buns.

***Test Kitchen Tip:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

****Test Kitchen Tip:** The internal color of a burger is not a reliable doneness indicator. A turkey patty cooked to 165°F is safe, regardless of color.

Per burger: 360 cal., 9 g total fat (4 g sat. fat), 91 mg chol., 492 mg sodium, 28 g carb., 3 g fiber, 40 g pro.

Sweet Potato Wedges

(pictured on page 76) Prep: 20 minutes
Grill: 4 minutes | Makes 2 servings
Serving size: half of the potato wedges, number will vary

1 large sweet potato (12 ounces), peeled and cut lengthwise into thin wedges
2 teaspoons olive oil
1 teaspoon paprika
½ teaspoon sugar
⅛ teaspoon crushed red pepper

1. In a 2-quart microwave-safe baking dish, combine sweet potato wedges and ¼ cup *water*. Cover with vented plastic wrap. Microwave on 100 percent power (high) 8 to 10 minutes or until nearly tender, rearranging wedges halfway through cooking time. Drain well.

2. Brush potato wedges with oil. In a small bowl, combine paprika, sugar, ⅛ teaspoon *salt*, crushed red pepper, and ⅛ teaspoon *black pepper*. Sprinkle mixture evenly over wedges.

3. Grill potato wedges on the lightly greased rack of an uncovered grill directly over medium coals 4 to 5 minutes or until lightly browned, carefully turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place wedges on lightly greased grill rack over heat. Cover and grill as above.)

Per serving: 123 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 194 mg sodium, 19 g carb., 3 g fiber, 2 g pro.

Grilled Focaccia Bread

(pictured on page 79) Prep: 5 minutes
Grill: 1 minute | Makes 2 servings
Serving size: 1 slice

1 tablespoon olive oil
¼ teaspoon Italian seasoning, crushed
1 small clove garlic, minced
Dash crushed red pepper (optional)
2 1- to 1½-ounce slices garlic or onion Italian flatbread (focaccia)

1. In a small bowl, combine oil, Italian seasoning, garlic, and, if desired, crushed red pepper. Brush evenly over bread slices.

2. Grill bread on the rack of an uncovered grill directly over medium coals 1 to 2 minutes or until golden brown, turning often to brown evenly. (For a gas grill, preheat grill. Reduce heat to medium. Place bread on grill rack over heat. Grill as above.) If desired, halve slices before serving. Serve warm.

Per slice: 125 cal., 8 g total fat (1 g sat. fat), 2 mg chol., 111 mg sodium, 13 g carb., 0 g fiber, 3 g pro.

Smart Scoops

Recipes continued from page 85

Summer Ice Cream Cups

(pictured on page 85) Prep: 30 minutes
Bake: 10 minutes | Stand: 3 minutes | Chill: 2 hours | Makes 16 servings | Serving size: 1 cup

3 tablespoons butter, softened
3 tablespoons granulated sugar
2 tablespoons packed dark brown sugar
1 teaspoon unsweetened cocoa powder
¼ teaspoon baking powder
1 egg white

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- **½ teaspoon vanilla**
- **½ ounce unsweetened chocolate, melted and cooled slightly**
- **⅔ cup flour**
- **1½ cups vanilla low-fat ice cream**
- **1 cup chopped fresh strawberries and/or peaches**

1. For cookie cups, in a small bowl, beat butter with an electric mixer on high speed 30 seconds. Beat in granulated sugar, brown sugar, cocoa powder, and baking powder just until combined. Beat in egg white and vanilla until combined. Stir in melted chocolate. Beat in flour just until combined. Cover and chill about 2 hours or until dough is easy to handle.

2. Preheat oven to 350°F. Shape dough into 1-inch balls. Using sixteen 1¾-inch muffin cups, press one ball into the bottom and up the side of each cup. Bake 10 minutes or until centers appear set (centers will puff slightly but settle on cooling). Cool in pans on a wire rack 3 minutes. Remove from pans; cool completely.

3. To assemble, scoop a slightly rounded tablespoon of the ice cream into each cookie cup. Top with fruit. Serve immediately.

Per ice cream cup: 86 cal., 3 g total fat (2 g sat. fat), 10 mg chol., 36 mg sodium, 13 g carb., 1 g fiber, 2 g pro. *hhl*

Fold It, Grill It, Enjoy!

Recipes continued from page 91

Lime Salmon with Green Beans

(pictured on page 87) Prep: 25 minutes
Grill: 20 minutes | Makes 4 servings
Serving size: 1 packet

- **12 ounces fresh green beans, trimmed**
- **1 medium yellow summer squash, sliced**
- **4 4-ounce skinless salmon fillets**
- **1 tablespoon olive oil**
- **2 tablespoons snipped fresh parsley**
- **1 teaspoon shredded lime peel**
- **2 cloves garlic, minced**
- **¼ teaspoon seasoned salt**
- **Fresh parsley sprigs (optional)**

1. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each in half to make an 18×12-inch rectangle. Divide beans and squash among foil rectangles.

2. Place fish on top of the vegetable mixture. Drizzle fish with oil; sprinkle with snipped parsley, lime peel, garlic, and seasoned salt. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

3. Grill foil packets on the rack of an uncovered grill directly over medium coals about 20 minutes or until fish begins to flake when tested with a fork and vegetables are tender, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

4. If desired, serve with fresh parsley.

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 2. Bake packets on the oven rack 20 minutes or until fish begins to flake with a fork and vegetables are tender, carefully opening packets to check doneness.

Per packet: 301 cal., 19 g total fat (4 g sat. fat), 62 mg chol., 169 mg sodium, 8 g carb., 4 g fiber, 25 g pro.

Asian Barbecued Chicken

(pictured on page 88) Prep: 20 minutes
Grill: 35 minutes | Makes 4 servings
Serving size: 1 packet

- **¼ cup bottled plum sauce**
- **1 tablespoon bottled hoisin sauce**
- **1 tablespoon reduced-sodium soy sauce**
- **1 tablespoon honey**
- **1 teaspoon sesame seeds**
- **1 teaspoon grated fresh ginger**
- **1 clove garlic, minced**
- **⅛ teaspoon five-spice powder**
- **⅛ teaspoon crushed red pepper**
- **4 medium bone-in chicken breast halves, skin removed**
- **1 medium sweet onion (such as Vidalia), thinly sliced**

1. In a small saucepan, combine plum sauce, 2 tablespoons *water*, hoisin sauce, soy sauce, honey, sesame seeds, ginger, garlic, five-spice powder, and crushed red pepper. Cook over medium heat until bubbly, stirring frequently. Reduce heat. Cover and simmer 5 minutes. Remove from heat; set aside.

2. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each in half to make an 18×12-inch rectangle. Place a chicken breast half on each foil rectangle. Top with plum sauce mixture and sweet onion.

3. For each packet, bring up two opposite edges of the foil and seal with a double fold. Fold remaining ends to completely enclose the food, allowing space for steam to build.

4. Grill foil packets on the rack of an uncovered grill directly over medium coals 35 to 40 minutes or until done (170°F), flipping packets once halfway through cooking and carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

Oven Method: Preheat oven to 350°F. Prepare as directed through Step 3. Bake packets directly on the oven rack 35 to 40 minutes or until chicken is done (170°F), flipping once halfway through cooking and carefully opening packets to check doneness.

Per packet: 251 cal., 3 g total fat (1 g sat. fat), 82 mg chol., 410 mg sodium, 21 g carb., 1 g fiber, 34 g pro. *hhl*

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Simply Smooth

Recipes continued from page 93

Wake-Me-Up Smoothies

(pictured on page 93) Start to finish: 5 minutes | Makes 4 servings
Serving size: 8 ounces

- **2 cups ice cubes**
- **1 cup fat-free milk**
- **¾ cup double-strength coffee**
- **2 tablespoons sugar**
- **1 tablespoon sugar-free caramel ice cream topping**
- **Fat-free frozen whipped dessert topping, thawed (optional)**
- **Chocolate-covered espresso beans, coarsely chopped (optional)**

1. In a blender, combine ice, milk, coffee, sugar, and ice cream topping. Cover and blend until smooth. Serve immediately. If desired, top with additional whipped topping and/or chocolate-covered espresso beans.

Per smoothie: 57 cal., 0 g total fat (0 g sat. fat), 1 mg chol., 36 mg sodium, 12 g carb., 0 g fiber, 2 g pro.

Bliss Between Bread

Recipes continued from page 99

Grilled Summer Vegetables Sandwich

(pictured on page 94) Start to finish: 35 minutes | Makes 4 sandwiches
Serving size: 1 sandwich

- **2 Japanese eggplants, trimmed and halved lengthwise**
- **1 large red onion, cut into ¼-inch-thick slices**
- **1 large tomato, cut into 4 slices**
- **1 medium yellow summer squash, trimmed and cut lengthwise into 4 slices**
- **1 tablespoon olive oil**
- **2 ounces soft goat cheese (chèvre), softened**
- **1 tablespoon purchased basil pesto**
- **8 slices crusty whole grain bread**

1. Brush eggplants, onion, tomato, and squash slices with oil. Sprinkle with ¼ teaspoon *black pepper* and ⅛ teaspoon *salt*. Grill vegetables on the rack of an uncovered grill directly over medium coals just until tender, turning once halfway through grilling. Allow 5 to 7 minutes for the squash and tomato and 7 to 9 minutes for the eggplant and onion. (For a gas grill, preheat grill. Reduce heat to medium. Add vegetables to grill rack. Cover and grill as above.) Remove vegetables from grill.

2. Cut squash slices in half crosswise. In a small bowl, stir together goat cheese and pesto.

3. To assemble, spread goat cheese mixture evenly onto bread slices. Top half of the bread slices with the grilled vegetables, cutting vegetables to fit as needed. Top with the remaining bread slices, spread sides down.

Per sandwich: 305 cal., 11 g total fat (3 g sat. fat), 8 mg chol., 383 mg sodium, 39 g carb., 11 g fiber, 14 g pro.

Grilled Peanut Butter, Banana, and Berry Sandwiches

(pictured on page 96) Start to finish: 20 minutes | Makes 4 sandwiches
Serving size: 1 sandwich

- **¼ cup peanut butter**
- **8 slices whole grain cinnamon-raisin bread**
- **1 medium banana, cut into 16 slices**
- **4 fresh strawberries, each cut into 4 slices (16 slices total)**
- **4 teaspoons grated bittersweet or semisweet chocolate**
- **1 tablespoon butter**

1. Spread peanut butter evenly onto one side of each bread slice. Arrange four banana slices and four strawberry slices on each of half of the prepared bread slices. Sprinkle with grated chocolate. Top with the remaining bread slices, peanut butter sides down.

2. In a very large skillet* or on a large griddle, melt butter over medium heat. Add sandwiches; cook about 4 minutes or until crisp and golden brown, turning once halfway through cooking.

***Test Kitchen Tip:** If all the sandwiches will not fit at once, do in two batches, adding half of the butter with each batch.

Per sandwich: 375 cal., 16 g total fat (5 g sat. fat), 8 mg chol., 374 mg sodium, 49 g carb., 8 g fiber, 13 g pro.

Caprese Salad Sandwich

(pictured on page 99) Start to finish: 30 minutes | Makes 4 sandwiches
Serving size: 1 sandwich

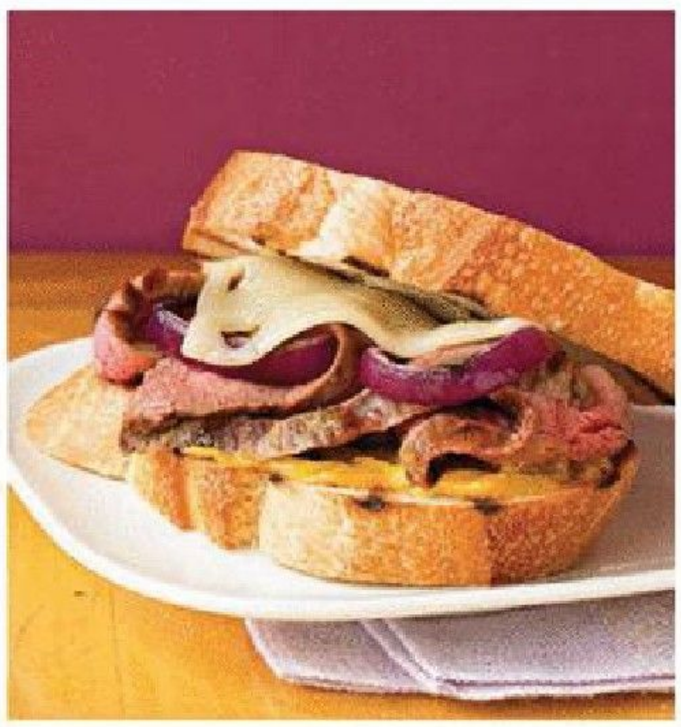
- **1 10-ounce loaf baguette-style French bread**
- **½ cup yellow or red pear tomatoes, cherry tomatoes, and/or grape tomatoes, quartered**
- **¼ cup coarsely chopped cucumber**
- **¼ of a red, yellow, or green sweet pepper, seeded and cut into thin strips**
- **1 ounce fresh mozzarella cheese, cubed**
- **2 tablespoons chopped green onion**
- **2 tablespoons snipped fresh basil**
- **1 tablespoon red wine vinegar or cider vinegar**
- **1 teaspoon olive oil**
- **¾ cup mixed spring greens**

1. Cut the baguette crosswise into four equal portions to create four mini baguettes. Cut a thin horizontal slice from the top of each portion. Using a knife,

carefully remove bread from the centers of the mini baguettes, leaving ¼-inch-thick shells. Set aside. (Reserve the center baguette pieces for another use.)

2. In a small bowl, combine tomatoes, cucumber, sweet pepper, mozzarella cheese, green onion, basil, vinegar, oil, and ⅛ teaspoon *black pepper*. Line bottoms of the baguette pieces with mixed spring greens. Fill baguette pieces with the tomato mixture. Replace tops. If desired, wrap each sandwich in plastic wrap and chill up to 2 hours before serving.

Per sandwich: 244 cal., 4 g total fat (2 g sat. fat), 5 mg chol., 489 mg sodium, 42 g carb., 2 g fiber, 10 g pro.



Bonus Recipe

Garlic-Mustard Steak Sandwiches

(above) Prep: 25 minutes | Broil: 18 minutes
Makes 4 servings | Serving size: 1 sandwich

- **8 ½-inch-thick slices French bread**
- **1 tablespoon honey mustard**
- **2 cloves garlic, minced**
- **½ teaspoon dried marjoram or thyme, crushed**
- **12 ounces beef flank steak**
- **1 large red onion, cut into ½-inch-thick slices**
- **2 tablespoons light sour cream**
- **2 ounces thinly sliced reduced-fat Swiss cheese**

1. Preheat broiler. Place bread on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat 2 to 4 minutes or until toasted, turning once. Transfer to a wire rack. In a small bowl, stir together honey mustard, garlic, marjoram or thyme, and ¼ teaspoon *black pepper*; set aside.

2. Trim fat from the steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place steak on one side of the broiler pan. Spoon half of the mustard mixture onto steak; spread evenly.

3. Place onion slices beside steak on broiler pan. Broil 4 to 5 inches from heat 15 to 18 minutes or until steak is medium doneness (160°F) and onion is crisp-tender, turning onion slices once (do not turn steak).

4. In a small bowl, stir together sour cream and the remaining mustard mixture. Spread sour cream-mustard mixture on one side of each of half of the bread slices; set aside. Transfer steak to a cutting board; thinly slice steak across the grain. Separate onion slices into rings. Arrange steak strips, onion rings, and cheese on the bread slices spread with the sour cream-mustard mixture. Place on the broiler pan. Broil about 1 minute or until cheese is melted. Top with the remaining bread slices.

Grill Method: Grill bread on the rack of an uncovered grill directly over medium coals 2 to 4 minutes or until toasted, turning once halfway through grilling. Grill steak and onion slices on the grill rack directly over medium coals 17 to 21 minutes or until steak is medium doneness (160°F) and onion is tender, turning steak and onion slices once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steak and onion slices on grill rack over heat. Cover and grill as above.)

Per sandwich: 334 cal., 9 g total fat (4 g sat. fat), 38 mg chol., 425 mg sodium, 35 g carb., 2 g fiber, 30 g pro. *hhl*

1 Bowl, 7 Ways

Recipes continued from page 104

Toasty Apple Streusel Ice Cream

Per serving: 198 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 61 mg sodium, 31 g carb., 3 g fiber, 8 g pro.

Rainbow Rocky Road Ice Cream

Per serving: 139 cal., 0 g total fat (0 g sat. fat), 3 mg chol., 92 mg sodium, 32 g carb., 0 g fiber, 4 g pro.

Have Your Cake Ice Cream

Per serving: 207 cal., 5 g total fat (1 g sat. fat), 3 mg chol., 171 mg sodium, 40 g carb., 0 g fiber, 5 g pro.

Berry Blast Ice Cream

Per serving: 138 cal., 0 g total fat (0 g sat. fat), 3 mg chol., 36 mg sodium, 32 g carb., 3 g fiber, 5 g pro.

Confetti Trail Mix Ice Cream

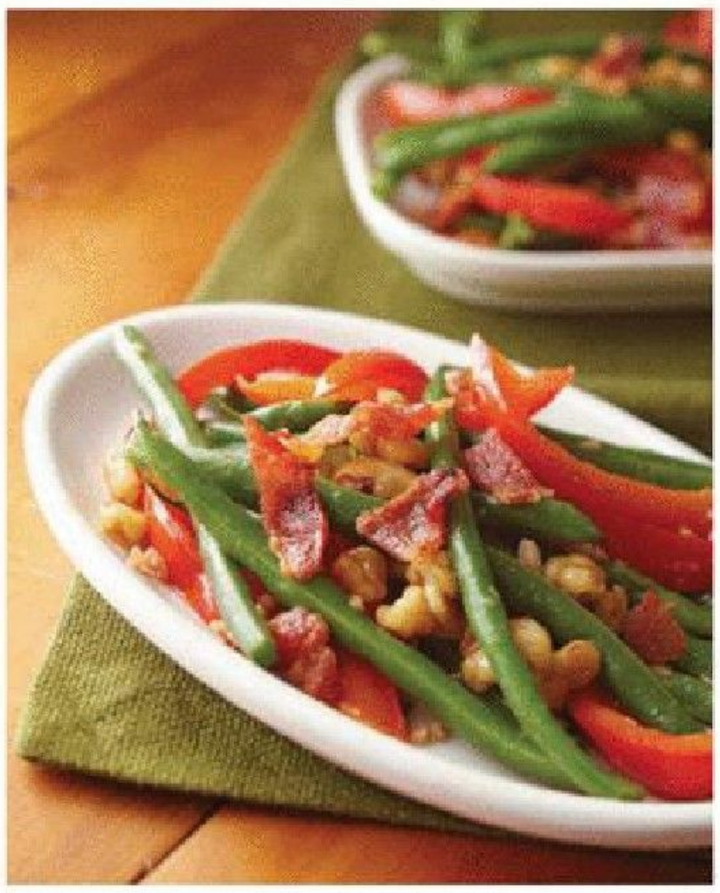
Per serving: 219 cal., 6 g total fat (2 g sat. fat), 3 mg chol., 61 mg sodium, 38 g carb., 1 g fiber, 6 g pro.

Smashed Espresso Ice Cream

Per serving: 154 cal., 3 g total fat (2 g sat. fat), 5 mg chol., 42 mg sodium, 28 g carb., 1 g fiber, 5 g pro.

Strawberries and Cream Ice Cream

Per serving: 170 cal., 2 g total fat (0 g sat. fat), 3 mg chol., 70 mg sodium, 35 g carb., 1 g fiber, 5 g pro. *hhl*



Bonus Recipe

Green Beans with Bacon and Walnuts

(above) Start to finish: 25 minutes
Makes 6 servings | Serving size ½ cup

12 ounces thin green beans or fresh haricot verts, trimmed
1 small red sweet pepper, seeded and cut into strips
2 slices bacon
¼ cup chopped walnuts
2 cloves garlic, minced
⅛ teaspoon crushed red pepper

1. In a large saucepan, cook green beans and sweet pepper in enough boiling water to cover for 3 minutes; drain.

2. In a large skillet, cook bacon over medium heat until crisp. Remove bacon and drain on paper towels, reserving drippings in skillet. Crumble bacon; set aside.

3. Add green beans and sweet pepper, walnuts, garlic, ¼ teaspoon *salt*, and crushed red pepper to the reserved drippings. Cook and stir about 5 minutes or until beans are tender and walnuts are lightly toasted.

4. Sprinkle each serving with crumbled bacon.

Per serving: 106 cal., 9 g total fat (2 g sat. fat), 7 mg chol., 156 mg sodium, 6 g carb., 3 g fiber, 3 g pro. *hhl*

Our Recipe Guide

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[1] Low-sodium recipes contain 140 mg or less.
[2] Low-saturated-fat recipes contain 1 g or less.
[3] Low-cholesterol recipes contain 20 mg or less.
[4] High-fiber recipes contain 5 g or more.

Using Our Nutrition Information

Every recipe in this magazine is based on American Heart Association nutrition guidelines. The nutrition analysis for a single serving is listed at the end of each recipe. For example:

Per serving: 320 cal., 11 g total fat (1 g sat. fat), 75 mg chol., 301 mg sodium, 17 g carb., 4 g fiber, 28 g pro.

Reading our nutrition information

Cal. Total calories per serving.

Total fat The amount of all fat per serving. This includes saturated fat, polyunsaturated fat, monounsaturated fat, and trans fat.

Sat. fat Saturated fat per serving. Limit saturated fat to 7 percent of daily calories.

Chol. Cholesterol per serving. The AHA suggests limiting cholesterol to 300 mg per day.

Sodium Sodium per serving. Keep sodium under the AHA limit of 2,300 mg per day.

Carb. Carbohydrates per serving. Strive to consume carbohydrates from unrefined sources such as whole grains.

Fiber Total fiber per serving. This amount includes soluble and insoluble fiber.

Pro. Protein per serving.

Other nutrition notes

The Better Homes and Gardens® Test Kitchen uses nutrition-analysis software to determine the nutritional values. We use these guidelines in analyzing recipes:

1. When ingredient choices appear (such as frozen egg product or eggs), the first ingredient listed is analyzed.
2. When an ingredient is optional, such as a garnish, it is not included.
3. When there is a range in the number of servings (4 to 6 servings), the first (smaller) number is used.
4. For marinades, we assume most of it is discarded.
5. Tub-style vegetable oil spread refers to 60 percent to 70 percent vegetable oil product.
6. Lean ground beef refers to at least 90-percent-lean beef. *hhl*

A Fresh Start

When Lupe Green, 53, learned she was at high risk for a heart attack, she started making heart-smart changes. Instead of guzzling three 2-liter bottles of soda a day, she now opts for water, and she has replaced watching TV with daily walks. This on-the-go grandma shares her tips for living a heart-healthy lifestyle.

BY Kayla Craig | PHOTO BY Blaine Moats

Accept the challenge. Lupe joined a 10-week heart health makeover program sponsored by her local chapter of the American Heart Association. "I challenged myself to meet my goals," Lupe says. With her positive attitude and the help of the program's trainer and dietitian, she won the challenge, lowering her total cholesterol by 100 points and losing 2 inches around her waist.

Pace yourself. "Look at it as progress, not perfection," Lupe says. "It's going to take time to develop a plan that works for you." Lupe went from being inactive to gradually adding three days of walking to her routine. Now, she jogs and walks six days a week.

Find inspiration. Lupe's 15 grandchildren keep her active and motivate her when she feels like giving up. When Lupe overheard a grandson say, "Nana is strong!" after seeing her jogging in the park, she was encouraged to keep making healthy choices.

Follow a schedule. By shopping for groceries every Sunday, Lupe incorporates fresh produce into her weekly meal plan. She uses an indoor grill to prep chicken breasts for the rest of the week.

Track progress. Keeping a food journal helps Lupe stay organized. She also jots her daily exercises, cravings, and even emotions. "If I cheat, I ask myself why," Lupe says. "I write how I feel after eating. I'm changing my thinking and behavior—it's a new lifestyle." *hhl*

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SO MUCH LIVELY FLAVOR, THERE'S NO ROOM FOR SALT.

SWEET & SAVORY APRICOT CHICKEN

Serves: 4 • Prep Time: 5 min. • Cook Time: 12 to 15 min.

Ingredients:

- 1 Tbsp. Mrs. Dash® Garlic & Herb Seasoning Blend
- ½ cup apricot preserves
- 2 tsp. Dijon-style mustard
- 2 tsp. honey
- 1 tsp. vinegar
- 1 lb. boneless, skinless chicken breast halves

Directions:

1. Combine all ingredients except chicken in small bowl; mix well.
2. Grill chicken 5 inches from heat for 12 to 15 minutes or until fully cooked, turning once and brushing frequently with prepared sauce.
3. Discard sauce after cooking.

SALT-FREE, FLAVOR-FULL

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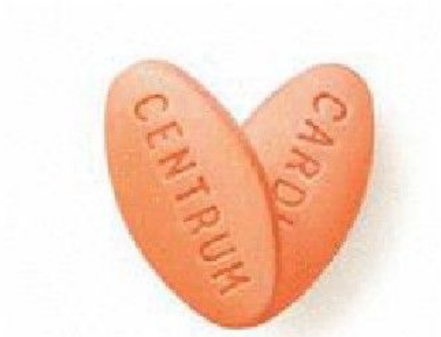
www.mrsdash.com

It's not just complete.



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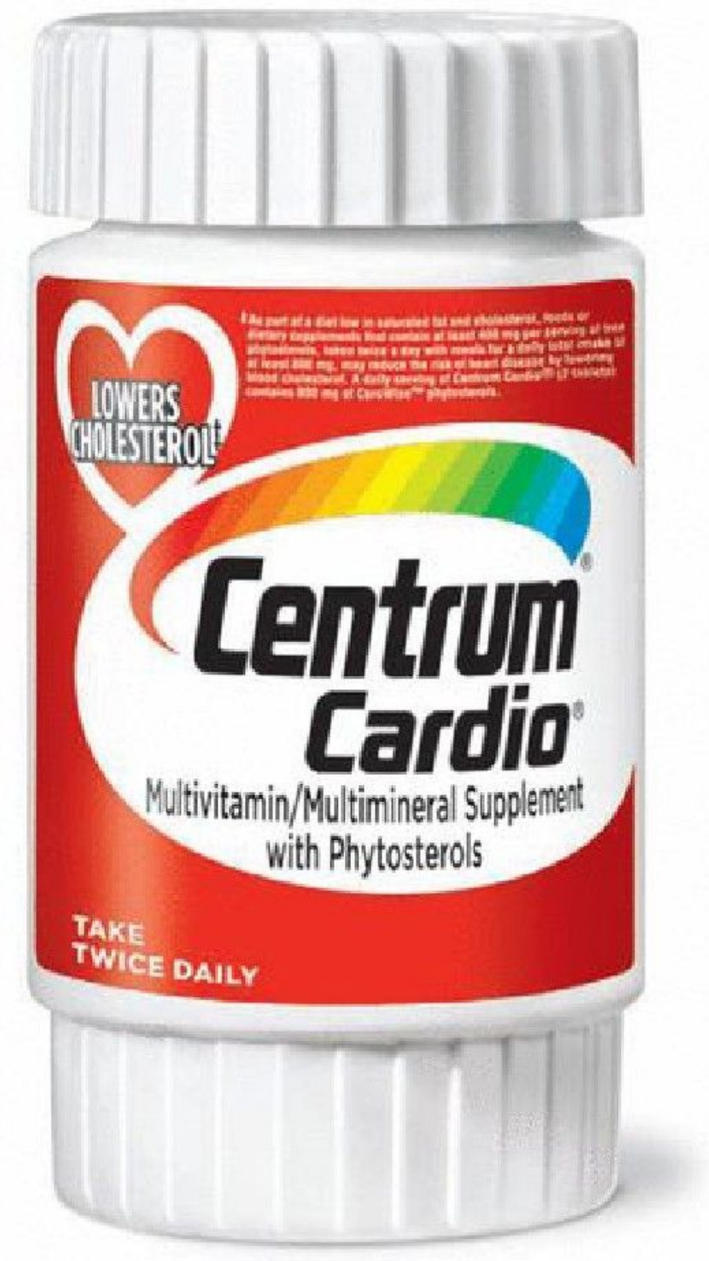

†As part of a diet low in saturated fat and cholesterol, foods or dietary supplements that contain at least 400 mg per serving of free phytosterols, taken twice a day with meals for a daily total intake of at least 800 mg, may reduce the risk of heart disease by lowering blood cholesterol. A daily serving of Centrum Cardio (2 tablets) contains 800 mg of CoroWise™ phytosterols. This product is not a replacement for cholesterol lowering prescription drugs. If you have elevated cholesterol, consult your doctor for medical advice and treatment.

††Among leading brands.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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